

## If you are bullied:

### DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a school buddy or peer mentor.
- Get help.
- TELL SOMEONE.



### DON'T:

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

## What should I do if I see someone else is being bullied?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

**The Principal,  
Teachers & Staff at KES  
will work together to:**

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- Help everyone to get along with each other. We believe that everyone has the right to be who they are.

# Killington Elementary School



## Child Friendly Anti-Bullying Policy

## What is Bullying?

In our school a bully is someone who hurts someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt another person.



### Bullying can be.....

**Emotional:** Hurting people's feelings, leaving you out.

**Physical:** Punching, kicking, spitting hitting, pushing.

**Verbal:** Being teased, name calling.

**Racist:** Graffiti, calling you racist names.

**Cyber:** Saying unkind things by text, e-mail and msn messenger.

## When is it bullying?

**S**everal

**T**imes

**O**n

**P**urpose



**We promise to always treat bullying seriously.**

## Who can I tell?

A Friend  
Mom/Dad  
Siblings  
Teachers  
School Staff  
Coaches  
Any Other Adult

**MOST IMPORTANTLY**  
If you are being bullied:

**S**tart

**T**elling

**O**ther

**P**eople!

