



If you think you are being bullied, here's what to do:

Tell a friend.

- Speak to a teacher, staff in the office, TA, Caretaker / Midday Supervisor (whoever you feel most comfortable talking to).
- Talk to your parents/carers, they will get in touch with school for you.
- If you have a friend who says they are being bullied then **listen** to them and encourage them to tell an adult.

Remember all adults in school have received some training in how to help.

You don't have to put up with bullies.

Tell someone (staff or parent/carer) if it happens to you.

Tell if you see it happening to others.

Action will always be taken

You have a right to be safe and happy at Highfields School.