

Mersey Park Primary School Anti-bullying Pathway of Help

**I am being bullied or
I have seen or heard that
someone else is being bullied.**



1. What should I do?

- Tell a grown up in school or at home.
- Tell a trusted friend who you know will help you to tell a grown up.
- Put a note in the It's Time to Talk box (outside Mrs Teasdale's room) that a grown up will read.



2. What will happen next?

- The grown up will listen to you and will make a note of what you say.
- They will work with you and the bully or bullies to sort things out.
- They will speak to your parents/carers and the bully or bullies parents/carers.
- They will check in with you until the bullying has stopped.



3. What if the bullying starts again?

- Tell again - either the same grown up or another grown up that you trust.