

Child Friendly Anti-Bullying Policy

What is Bullying?

SEVERAL TIMES ON PURPOSE

A bully is someone who hurts someone more than once by using words or behavior which makes you feel upset or frightened.

Emotional: Hurting your feelings, leaving you out, being bossed about.

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling, rude comments.

Racist: Saying nasty things about you because of your skin colour, your religious beliefs or your culture.

Cyber Bullying: saying unkind things by texts, email or on social media sites.

Bullying is NOT:

A 'fall out' with a friend.

An accident.

Something that happens only one time.

A one off physical act of aggression e.g. pushing someone.



What should I do if I'm being bullied?

START TELLING OTHER PEOPLE

Do:

Ask them to stop, if you can.

Use eye contact and tell them to go away.

Ignore them and walk away.

Act as though you don't care what they say or do.

Talk to a friend.

Tell someone and get help straight away.

Remember it is NOT your fault.

DON'T:

Get angry or fight back.

Hit them.

Think it's your fault.

Hide it.

Do as the bully says.

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



Tell an adult straight away.

Don't stay silent or the bullying will keep happening.

Tell the bully to STOP if it is safe to do so.

However, don't get too involved as you might get hurt or could end up in trouble yourself.

Comfort the person who has been a victim of bullying and tell them to speak to someone.

Reassure them that it isn't their fault.

What we will do to S.T.O.P. bullying

We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.

We will always treat bullying seriously.

We will talk to the bully and explain that they MUST stop being unkind to you.

We will give out warnings or sanctions (punishments) and will talk to parents.

Hopefully the bully will realise that he or she is being unkind and will show

that they are able to behave more kindly towards others so that you can

feel safe and happy in school. We will discuss what we have done with you.

Your teacher will check with you that things have been ok.

