



# Child-Friendly Anti-Bullying Policy



## What is Bullying?

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people.



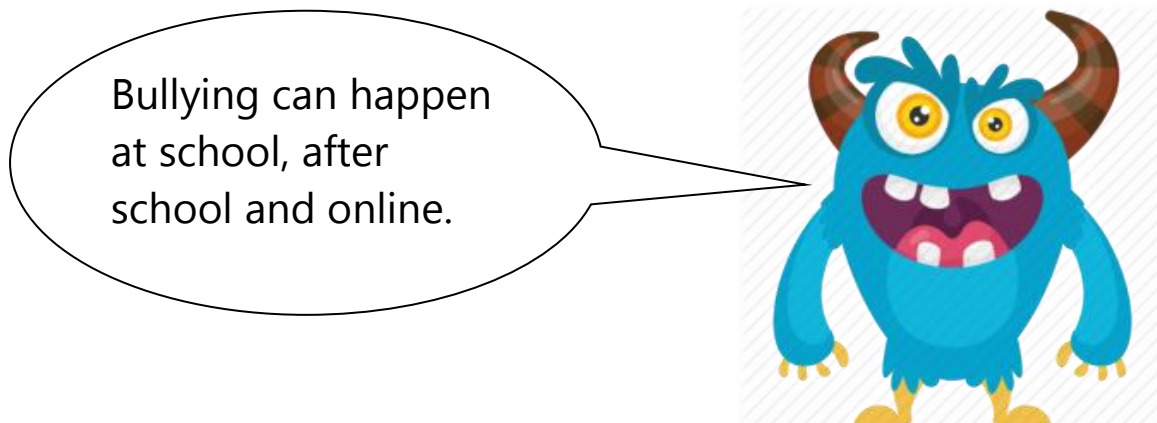
**Physical:** Damaging belongings, hitting, kicking.

**Verbal:** Name calling, insulting, making offensive remarks.

**Indirect:** Spreading nasty stories and rumours, exclusion from groups.

**Cyber Bullying:** Setting up 'hate websites', posting nasty messages/stories on the internet, sending abusive text messages or emails.

**Prejudice related bullying:** because of race, culture, gender, disability or because of shape, size, looks or because of who or what we like.



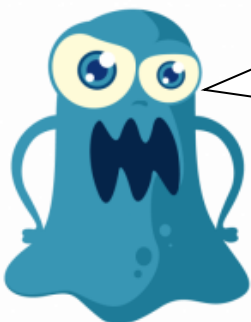
## When is it Bullying?

**S**everal

**T**imes

**O**n

**P**urpose

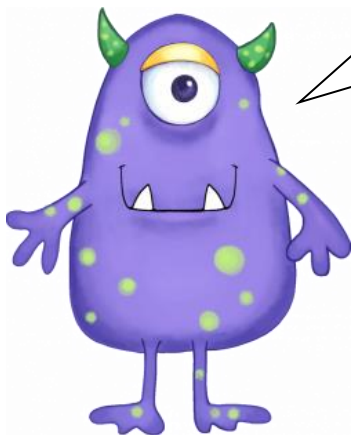


If someone is being hurtful or unkind to you **several times on purpose**, for whatever reason, whether it is about you or your family or friends, **that** is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

## Who Can I Tell?

If you are being bullied, you need to tell someone.  
Don't suffer in silence, Speak out!

A Friend  
Mum/Dad/Carer  
Teachers  
Mrs Jones  
Buddies  
Playground Leaders  
Thoughts and Feelings Box  
Any other known adult



We are a  
TELLING school!

## **If you are being bullied...**

### **DO:**

- Ask them to STOP if you can;
- Use eye contact and tell them to go away;
- Ignore them;
- Walk away;
- Use the thoughts and feelings box if you can't speak out openly about it;
- TELL SOMEONE.



### **DON'T:**

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

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

- Don't walk away and ignore the bullying;
- Tell an adult, friend, buddy or playground leader what you have seen;
- Stand up for someone by including them in your games;
- Don't stay silent or the bullying will keep happening.

## All the staff and children will work together to:

- Make our school a place where everyone can feel safe and happy. That means NO bullying is accepted or tolerated.
- We will all help everyone to get on with each other and we believe that everyone has the right to be who they are.