

Our Values and Beliefs

- Everyone has the right to feel happy and safe at school and therefore bullying is unacceptable.
- Pupils who feel they are being bullied will be supported.



What is bullying?

Our School Definition:

'Bullying is when someone says or does something intentionally hurtful, and they keep doing it over time, even when you tell them to stop or know their actions are upsetting you'.

Main Types of Bullying

PHYSICAL		Hitting, kicking, tripping, pinching and pushing or damaging property.
VERBAL		Name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.
SOCIAL		Often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes: <ul style="list-style-type: none"> • Lying and spreading rumours • Negative facial or physical gestures, menacing or contemptuous looks • Playing nasty jokes to embarrass and humiliate • Mimicking unkindly • Encouraging others to socially exclude someone • Damaging someone's social reputation or social acceptance.
CYBER		Any bullying behaviours using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include: <ul style="list-style-type: none"> • Abusive or hurtful texts emails or posts, images or videos • Deliberately excluding others online • Nasty gossip or rumours • Imitating others online or using their log-in

What should I do if I am being bullied?

In our school we do not accept any kind of bullying. Bullying is **NOT ACCEPTABLE** and it is **EVERYONE'S** responsibility to prevent bullying.

DO			DON'T
<ul style="list-style-type: none"> Tell someone Ask them to STOP if you can Try to look positive and confident 	<ul style="list-style-type: none"> Try not to show you are upset Stay with someone you trust If you are different in any way, be PROUD of it – remember it's good to be individual 	<ul style="list-style-type: none"> Walk away quickly and confidently Try not to respond by bullying back Do keep coming to school and tell someone if you are finding it hard 	<ul style="list-style-type: none"> Get angry or upset Be afraid to talk to someone Think it's your fault Keep it to yourself Take it personally

What should I do if I see someone being bullied?

- Tell someone you trust straight away
- Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.



Speaking out!

Telling someone about bullying can be difficult, but:

- We all have a responsibility to make sure that bullying is not allowed to continue in our school.
- Telling is not something to be ashamed of.
- The school will deal with it fairly, sensitively and quickly. Teachers will tell you what is going to happen next and make sure that you can tell them how you feel.
- If nobody knows what is happening, nobody can help. Not speaking means that the person being bullied will continue to suffer and the person doing it will carry on, probably choosing other targets too.
- We all need to support each other - you might be helping others as well as yourself.
- Don't be embarrassed about feeling unsafe: it's not your fault!

Who can you tell?

- **Your class teacher:** This is probably the teacher who knows you best and can give you support every day. He or she can deal with the problem with you.
- **Any other staff or classroom teachers:** This could be anyone in the school that you trust. You could write it down for them.
- **A friend:** Sometimes, just talking about it helps. Your friends can look out for you and make sure that you are not alone. They can also help you to talk to someone else.
- **An older pupil:** This could be anyone who is older and more confident. It could be one of our Playground Leaders or School Council Representatives.
- **A parent, friend or somebody else:** you can trust. If you don't want to talk to anyone at school, tell someone at home. They can help you to decide what to do next or talk to teachers on your behalf.

If you tell someone but you are still not happy with what is happening, tell someone else. Don't give up!

What the school will do about bullying



- We will investigate all incidents carefully and record it.
- We will always take reports of bullying seriously and listen carefully to what you have to say.
- We will be sensitive to your situation.
- We will offer the person being bullied and the person bullying a chance to talk about what happened and how to make it better.
- Parents / carers will be involved and informed of unacceptable behaviour.
- We will provide support for the person being bullied and the person who has been bullying to help them tackle their difficulties.
- We will continue to monitor the situation and check in with whoever is involved to find out whether anything has changed.
- We want you to be involved in our anti-bullying efforts, so we welcome suggestions, comments, and activities like running assemblies, getting involved in the School Council, and helping us review this policy.

If you are being bullied remember...

START TELLING OTHER PEOPLE