

Children's Anti-bullying Policy KS1



What is bullying?

In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

It can take different forms:

Emotional: Hurting people's feelings, leaving you out, making you feel bad.

Physical: Punching, kicking, spitting, pushing, theft.

Verbal: Being teased, name calling, being rude. Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person. **Think before you speak!**

Online: Saying nasty or upsetting things when playing games online; sharing embarrassing pictures and videos, sharing horrible or untrue tales about somebody else.

When is it bullying?

Several
Times
On
Purpose



Who can I tell if it happens to me?

- ✓ A friend
- ✓ A family member
- ✓ A member of school council
- ✓ Any teacher at school or any adult in school
- ✓ Someone you trust
- ✓ Anybody near you

MOST IMPORTANTLY

If you feel you are being bullied:

Start
Telling
Other
People



If you are bullied:

Do

- ✓ Ask them to stop if you can.
- ✓ Use eye contact and say stop
- ✓ Ignore them.
- ✓ Walk away.

✓ **TELL SOMEONE!**

DON'T

- ✗ Do what they say.
- ✗ Get angry.
- ✗ Hit them.
- ✗ Think that it is your fault.
- ✗ Do not retaliate.
- ✗ Hide it.

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

- 🌀 Don't walk away and ignore the bullying.
- 🌀 Tell the bully to stop if it is safe to do so.
- 🌀 Don't stay silent or the bullying will keep happening.
- 🌀 Don't lose your temper.

🌀 **TELL SOMEONE.**



The Head Teacher, Governors, Staff and our children will work together to:

- ✓ Make our school a place where everyone can feel happy. **That means no bullying allowed - ever!**
- ✓ We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.