

What is bullying?

Behaviour by a person or group, usually repeated over time, that deliberately hurts another person or group either physically or emotionally.

Bullying can hurt someone by:

- Hitting, kicking, punching and other actions that hurt people.
- Saying unkind, harmful words and hurting people's feelings.
- Using technology such as emailing, texting or other messaging apps to make people scared or unhappy.

Bullying can also be emotional:

- Excluding people from games.
- Encouraging other people to exclude them as well.
- Refusing to share things with their victim.

Why do people bully?

- Bullies may be **jealous** of you.
- They may **feel bad** inside and want you to feel bad too.
- They may be **scared** that no one likes them.
- They may be **bullied themselves** and think it's OK to bully you.
- They may think they're **being clever**.
- They may be **copying** someone else's bad behaviour.

Why Have an Anti-Bullying Policy?



We are committed to being a bully-free zone.

We want to stop bullying from ever happening, but if it does, we want pupils, staff and parents to know what they can do to help.

Bullies need help too so this leaflet shows anyone who thinks they might be a bully or being bullied where to get support.

**DON'T SUFFER IN SILENCE!
WE WILL TRY TO HELP SORT IT OUT!**

<https://www.childline.org.uk>

0800 1111



Anti-Bullying Policy &

Leaflet For Pupils

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Headteacher: Karen Edwards

What should you do if you think you are being bullied?

- Tell the person that you don't like what they are doing and that you want them to stop.
- If the behaviour continues, tell an adult.
- If you do not want to tell an adult in person, write your problem and name down and place it in the Worry Box.
- Talk to someone who will understand, for example, a friend, older brother or sister, school buddy, Ambassador or School Council member.

What are your responsibilities if you know that someone is being bullied?

- Don't ignore it or even enjoy what is happening.
- Help the victim by being kind and insisting the bully stops.
- Seek the help of an adult.
- Ensure that you include people in your own games, especially if they look alone or left out. Always allow people to play with you.



How will the school support you?



- Staff will speak to you and your parents.
- Staff will involve School Ambassadors.
- They will also talk to the bully and their parents. They will be asked why they are bullying and helped to stop.
- Bullies often need help. They may have a problem at home or have been bullied themselves.
- The school will try to help these children to sort out their problems and stop bullying.
- Staff will try to keep things calm.
- If they do not stop, they may be suspended from school.