



## 'Spurring each other on with love'

### Anti-Bullying Policy - Children's Version

#### Together, we can S.T.O.P Bullying in our school

At Bickleigh Down CofE Primary School, we believe that all children should feel happy, safe and secure in our school family. Our school vision is based on Hebrews 10:24 'Let us consider how we may spur one another on toward love and good deeds'. Just as God's people, the Hebrews, were called to do this, our vision is that every member of our school family will spur each other on and aspire to be the best that they can be, this includes in their behaviour in and around our school. As a school family, we believe in encouraging and supporting children in a loving and respectful manner. We want all members of our school family to be understanding, respectful, loving, honest and trust in themselves and others. We ask all of our children to take responsibility for their behaviour which will prepare them for life and allow them to learn effectively.

As a result, we will all work together 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.
- ✓ To feel safe and happy

#### What is bullying?

In our school, a bully is someone who hurts someone more than once, by using words or behaviour which is meant to make them upset or frightened. It is bullying if a bully does it **S**everal **T**imes **O**n **P**urpose.

#### Bullying can be:

- Emotional: Hurting people's feelings, leaving them out, being bossed about.
- Physical: Punching, kicking, spitting, hitting, pushing.
- Through a third person: Sending a friend with horrid messages.
- Verbal: Being teased, name calling, rude comments.
- Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.
- Cyber: Saying unkind things by texts, e-mail or online.

## Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one-off physical act of aggression e.g. pushing someone.

Those involved in bullying behaviours may take on one of the following roles:

- Leader - leading the bullying activity
- Assistant - helping the leader
- Reinforcer - watching, perhaps laughing
- Target - the target of the bullying behaviour
- Defender - tries to stop the bullying
- Outsider - walks away without getting help

If we see or hear bullying, we should make wise choices and help to **S.T.O.P.** the bullying from happening. We can do this by telling an adult who can help.

## What should I do if I'm being bullied?

**S**peak **T**o **O**ther **P**eople

Do:	Don't:
<ul style="list-style-type: none"><li>✓ Ask them to STOP, if you can.</li><li>✓ Use eye contact and tell them to go away.</li><li>✓ Ignore them and walk away.</li><li>✓ Act as though you don't care what they say or do.</li><li>✓ Talk to a friend.</li><li>✓ Tell someone and get help straight away.</li><li>✓ Use the classroom '<b>Cheerful Checker Box</b>' in your Reflective Space if you are too worried to speak openly about what is happening.</li><li>✓ Remember it is <b>NOT</b> your fault.</li></ul>	<ul style="list-style-type: none"><li>• Get angry or fight back - try not to react.</li><li>• Hit them.</li><li>• Think it's your fault.</li><li>• Hide it.</li><li>• Do as the bully says.</li></ul>

## 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.

## Who can I tell when I need help?

In our school, you can speak to any adult and they will help you. This could be your teacher or teaching assistant, but it could be any adult who works at school. If you are a bit nervous, you could tell a friend or someone at home who can ask an adult for help for you. **We will always treat bullying seriously.**

- The incident will be investigated and we will talk to everybody involved.
- We may do some work with a group or a class to encourage children to make better choices and to think of others' feelings.

We will talk to parents and carers so that everyone knows the truth about what has happened. Then we can help the children realise that there has been some unkind behaviour so that you can feel safe and happy in school. Your teacher and other adults who work with you will keep checking that things have been ok.