

Aims of this policy

To ensure that everyone in our school:

- is comfortable and happy in school
- feels safe and free from harm
- is able to learn, join in class discussions and ask and answer questions
- is able to enjoy playtimes and lunchtimes
- knows that they can talk to other children and adults if they are unhappy or feel that people are being unkind or bullying them
- knows that the adults will listen to their problems and work with them to make things better
- is able to use the internet without fear of bullying

This policy links with our schools Positive Behaviour Policy.

What is Bullying?

- We have discussed our understanding of bullying and agree that it is not bullying when someone says or does something unkind to you just once. We believe that bullying: happens repeatedly – this may be every day or frequently
- is one of the worst things that can happen to you
- is intentional, planned, disrespectful, hurtful and disgraceful anti- social behaviour
- may be hurting someone physically or mentally
- is carried out by a person / people who feel inferior and need to hurt others in order to make them feel big and powerful
- shows no consideration for other people's feelings
- we understand that bullying can be carried out by electronic means – e.g cyber bullying and text messaging.

A useful way to remember this is:

Several
Times
On
Purpose



What forms may bullying take?

Bullying may be carried out by one person or a group of people. It may be done to one person or a group of people. Bullying may be:

- **Emotional/Mental:** Harming and damaging a person's feelings causing distress or anxiety; for example leaving someone out of games deliberately.
- **Physical:** Hurting someone else by hitting, kicking, punching, spitting, biting, pushing.
- **Verbal:** Saying harsh and mean comments, calling someone names or teasing them.
- **Racist:** Insulting someone because of their skin colour, religion and beliefs, accent or how they look or where they are from.
- **Cyber Bullying:** Saying unkind things by text, email or on social media.

Who are bullies?

Bullies may be people of your own age or they may be older or younger than you.

What should we do if we feel we are being bullied?

- Always tell a friend or School Council member
- Always tell an adult in school or your parents. All of your worries are taken very seriously.
- Write a note and post it in our worry monsters which can be found around the school
- If possible ignore the bully and walk away
- You can call Childline at any time of day on **0800 1111**

If you think you are being bullied:



How can we work together to prevent bullying from happening in

our school? • Take care of each other. If you see bullying behaviour, tell an adult and if comfortable, challenge that behaviour

– Stop, that's not kind / You're hurting people's feelings.

• Ensure that everyone follows the class and whole school charters which

encourage positive behaviour at all times and respect for each other.

• If we see things happening to other children that we feel unhappy about, tell an adult and maybe talk to the bully about their behaviour.

• Think about how what we say and do might make other people feel upset.

• Remember that we have many similarities to other people but we also have many differences. But we are all special and unique.

• **Remember bullying is never ok and must be stopped. Tell someone.**



Signed:

Chair of Academy Committee

Reviewed: Autumn 2023

Next Review:

