

What should I do if I am being bullied?

Do:

- ◆ ignore them
- ◆ walk away
- ◆ tell someone/a trusted adult.

Don't:

- ◆ retaliate
- ◆ think it's your fault
- ◆ hide it
- ◆ get angry or show you are upset
- ◆ do what they say.

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

- ◆ Don't walk away and ignore the bullying.
- ◆ Don't stay silent or the bullying will keep happening.
- ◆ Tell a trusted adult.
- ◆ Help and offer support.
- ◆ Don't join in; be a buddy not a bully.
- ◆ Convince the person who is being bullied to tell a trusted adult.

The headteacher, school governors, staff, children and the wider community will work together to:

- ◆ make our school a place where everyone can feel secure, be valued, can learn and feel happy. That means no bullying is allowed
- ◆ help everyone to get on with each other
- ◆ make sure that everyone has the right to feel safe and to be who they are.



Child Friendly Anti-bullying Policy



*'We are here to feel secure,
valued and to learn.'*

What is bullying?

Bullying is when someone is being hurt by words or actions on purpose, more than once, feels bad, frightened or upset and has a hard time stopping what is happening to them.

Types of bullying

Emotional: hurting people's feelings, leaving someone out, making someone feel bad about themselves.

Physical: punching, kicking, hitting, shoving, tripping up, hair pulling, taking someone's belongings.

Verbal: name calling, being teased, being rude, using homophobic, biphobic or transphobic language.

Racist: calling someone names, teasing or making them feel bad because of skin colour, culture or religious reasons. This can be in the form of vandalism or graffiti.

Cyber: takes place online or through smartphones, tablets, games consoles—saying or posting unkind things by text, social media, e-mail, games.

Sexist: bullying because of someone's gender, making someone feel bad or not equal because of who they are.

Homophobic and biphobic: verbal, physical or emotional bullying of someone who may be gay, lesbian or bisexual. This can be in the form of vandalism or graffiti.

Transphobic: verbal, physical or emotional bullying of someone who maybe trans—someone who feels the gender they are given as a baby doesn't match the gender they feel themselves to be. This can be in the form of vandalism or graffiti.

When is it bullying?

Several

Times

On

Purpose



Remember — some things that you say to someone may have been said to be funny, but it may be hurtful to that person.

Think before you speak!

Who can I tell?

♦ A friend

♦ A trusted adult:

A family member

Headteacher

Teachers

Teaching assistants

Midday assistants

Any other adults

♦ Trusted strangers—Police Officers, PCSOs

♦ The SHARP System-

<https://barrowhall.thesharpsystem.com>

♦ NSPCC and Childline —0800 1111

Most importantly:

If you feel that you are being bullied—

Start Telling Other People!