

# Our Child-Friendly Anti-Bullying Policy



Bullying  
of any kind is  
unacceptable  
in our school

## Our rights

- To be treated with respect
- To feel safe and happy

## What is bullying?

In our school, bullying is when someone chooses to be unkind to another person more than once by hurting, frightening or upsetting them.

**Emotional bullying:** Hurting someone's feelings for example, leaving them out, laughing at them or teasing them.

**Physical bullying:** Hitting, punching or kicking.

**Verbal bullying:** Name-calling, teasing or swearing.

**Racist bullying:** Being unkind because of someone's culture, where they come from, or skin their colour.

**Homophobic, transphobic and bi-phobic bullying:** This is behaviour or language that makes a child or young person feel left out or excluded because of their perceived or actual gender identity or sexual orientation.

**Cyber bullying:** This is when someone is being unkind to you, threatening you, or spreading untrue rumours about you online. They may try to persuade you to do something which you know is wrong, or ask to meet them.

## If you are being bullied:

### Do:

- Ask them to stop
- Look them in the eye and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE!

### Don't:

- Do what they say
- Get angry
- Try not to show you are upset
- Hit them
- THINK IT'S YOUR FAULT - IT ISN'T!

## If you see someone being bullied:

- Don't walk away
- Don't stay silent - tell a grown-up
- Ask the person who is the bully to stop if it is safe to do so
- Ask the person who is being bullied if they need your help
- DON'T STAY SILENT!

ChildLine

0800 1111



Never agree to meet anyone  
you communicate with online

Bullying of  
any kind is unacceptable.

No-one deserves to be a victim of bullying. Bullies need to learn different ways of behaving and they need help to do this.

