

Adults in school will listen and do their very best to help. Bullying will not be tolerated in school.



If you feel you have no-one who can help you, you can phone Childline on 0800 1111



Remember to live by our Christian Values, to keep everyone happy and safe at school.

Courage, Resilience, Honesty, Kindness and Be the best you can be.



## Our Anti-Bullying Policy



Written and updated by  
the Junior Leadership  
Team November 2024



# What is bullying?

In our school we think that bullying is if someone repeatedly upsets or hurts someone purposely and with the goal of making them feel bad about themselves, left out or hurt. This bullying can happen in school or online.

## Bullying can be:

**Emotional:** Hurting someone's feelings or leaving them out on purpose.

**Verbal:** Name calling or saying unkind things or making racist remarks

**Non verbal:** Staring, making horrid faces or gestures.

**Physical:** Pushing, kicking, hitting, spitting or taking other peoples things.

**Written:** Letters, notes, graffiti.

**Cyber:** Saying unkind or hurtful things on social media, the internet or in text messages.

## Bullying is not:

- Accidents
- Falling out with friends
- Something that happens once in a while
- Someone not wanting to play your game or your way

Several

Times

On

Purpose

Start

Telling

Other

People

Start Telling  
Other People

Together we can  
stop bullying

## If you are being bullied:

- Speak to a trusted adult or friend and ask for advice.
- Tell them you don't like it and to stop if you can.
- Walk away, try not to react and ignore them.
- Speak to the Head Pupils or playground buddies.
- Remind yourself that what their saying isn't true and it isn't your fault.

## If you know someone is being bullied:

- Always tell a trusted adult straight away.
- Stay with them and look after them.
- Be a good friend by playing with them and making sure they feel included.