



Child Friendly Anti-Bullying Policy



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Bullying happens

Several

Times

On

Purpose

What to do

Start

Telling

Other

People

Together we can **S****T****O****P** it!

What is Bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

Bullying can be



Emotional: Hurting people's feelings, leaving you out.



Physical: Punching, kicking, spitting, hitting, or pushing.

Verbal: Being teased, name calling, rude comments.



Written: Letters, notes, graffiti.

Cyber: Saying unkind things by text, e-mail and on the internet, or gaming devices.



Racist: Saying nasty things about you because of the colour of your skin, your religious beliefs, or your culture.

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.

If you are bullied:

- Ask them to **STOP** if you can.
- Ignore them.
- Walk away.
- Get help
- Tell Someone.

DON'T:

-  Do what they say.
-  Get angry
-  Hit them.
-  Think it's your fault.
-  Hide it.

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

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent, tell someone.

Who can I tell?

- A friend
- My Teacher
- A family member
- Use the Bully Button on our website
- Any other Adult.

Everyone at **Springfield Junior School School** will work together to:

- Make our school a place where everyone can feel safe and happy.□
- Help everyone to get along with each other because we believe that everyone has the right to be who they are.□
- Always treat bullying seriously.□

