



**TAPESTRY  
LEARNING  
PARTNERSHIP**

# **Child Friendly Anti-Bullying Procedure**

“Written by the children at  
Springfield Junior School.”

*March 2026*

## What is Bullying?

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

Bullying can be...

Emotional – “hurting people’s feelings or leaving someone out on purpose”.

Physical – “Punching, Kicking, spitting, hitting or pushing on purpose.”

Verbal- “Being teased, calling them names or rude comments.”

Written – “letters, notes or graffiti.”

Cyber/On-line bullying – “saying rude or unkind things by text, email, on the internet or gaming platforms or devices.”

Racist – “saying nasty things about you because of the colour of your skin, or the religious things you believe in.”

Bullying is not –

A fall out with your friend.

An Accident

Something that happens only one time.

A one-off physical act of aggression or pushing someone.

bullying happens...

Several  
Times  
On  
Purpose

bullying is not:

- A "fall out" with a friend.
- An accident.
- Something that happens only one time.
- A one-off physical act of aggression e.g. Pushing someone.

together we can Stop it

# What is bullying

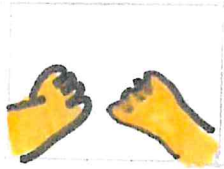
in our school, bullying is hurting someone more than once on purpose, by using behavior or words which are meant to frighten or hurt that person.

# STOP bullying NOW!!!!

bullying can be



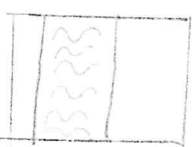
Emotional - hurting peoples, leaving you out.



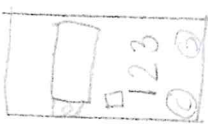
Physical - punching, kicking, Spitting, hitting or pushing.



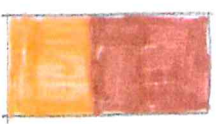
verbal - being teased, name calling, rude comments.



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 your skin, your religious beliefs, or your culter

If you are being bullied –

Ask them to stop, if you can.

Ignore them.

Walk away.

Tell someone.

Get help.

**Don't –**

**Do what they say**

**Get angry**

**Hit them**

**Think it's your fault**

**Hide it.**

S  
T  
Telling

USE  
YOUR  
VOICE

O  
P  
Other  
People

Don't hide  
it. It's not  
YOUR fault  
Ignore them  
and walk away!!

TOGETHER WE  
CAN STOP IT

What Should I do if I  
See Someone else is being  
BULLIED

Who can I tell?

1. A friend
2. My teacher
3. A family member
4. Use the bully button on our website.
5. Any other trusted adult.

Everyone at Our School will  
Work together to:

- Make our school a Happy place!
- Help everyone to get along with each other
- ALWAYS treat bullying Seriously!

SPRINGFIELD Junior School