



Trimley St Mary Primary School

Child-Friendly Anti-Bullying Policy: Feeling Safe and Happy at School

Feeling safe and happy at school

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Feeling safe and happy.

At Trimley St Mary Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



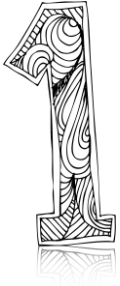
Signed by:

_____ Headteacher

Date: _____

_____ Chair of governors

Date: _____



What is bullying?

A bully is someone who **hurts** another person sometimes **more than once**, by using behaviour which is deliberately meant to **scare, hurt** or **upset** that person by having **power** or **control** over them and making someone feel uncomfortable or threatened. People who are bullied do not feel **safe**.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **falling out with friends** is not the same as **bullying**.

Bullying is behaviour which is often **repeated** on purpose and is meant to **upset** someone.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about, alienating or treating differently to others.

Physical bullying is deliberately, punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs and gestures. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Disablist means bullying someone because they are disabled or have special needs or vulnerable by some other characteristic.

Homophobic means bullying someone because of their gender, gender fluidity or sexuality; calling someone gay or lesbian with intention to cause upset or harm would be homophobic.

Sexist means bullying someone because of their sex, saying, threatening or doing something that makes someone feel uncomfortable (whether they are a boy or a girl or are undecided about their sexuality). Peer on peer abuse is another name for bullying of a sexual nature.



Cyber bullying involves being unkind or sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person asking another person to say nasty things.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

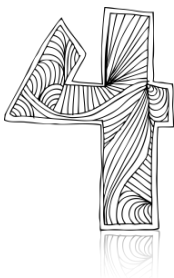
You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.



You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.



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

If you see someone else being bullied, it is important that you **help** that person.

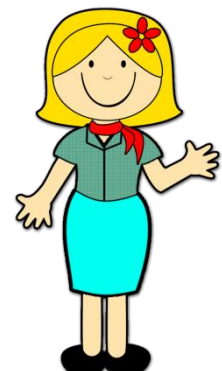
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.





Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.



Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

You can speak to any grown-up at our school. All your teachers. Other adults in school, Mrs Lloyd and Mrs Ashford are always there to listen to any concerns you have.



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **circle time** and **anti-bullying week**.
- Signing the school pledge.

