



Child-Friendly Anti-Bullying Policy



What is bullying?

Bullying is a series of unkind things that happen to you. Bullying has three main elements:

1. If someone is showing bully-ish behaviours they will normally do one/some of these things more than one time. It is **ongoing**.
2. Bullying often means that people are doing some very unkind things on purpose. This means it is **targeted**.
3. Often the person bullying might be someone stronger or older, or using words that they know that you don't; or there might be more of them than you. This means that there is an **imbalance of power**.

Which unkind behaviours can become bullying behaviours?

- When people call you nasty names.
- If someone takes the mickey out of you.
- Someone might take something of yours and keep it or hide it from you on purpose.
- People might tell others things that aren't true to make them not like you.
- They might text you nasty things or use the internet to cyber bully you.
- Someone might hit or kick you lots of times.
- Sometimes people might comment on your background, personality, health and gender differences, which makes you feel uncomfortable or upset.

What should you do if you think you are being bullied?

- Ask them to stop doing it – make them aware they are upsetting you.
- Walk away from them.
- Ignore them.
- Don't play with them.
- Tell a friend, they can help you.
- Tell a peer mediator.
- Tell a teacher.
- Tell your mum/dad or carer.
- Use the 'let it out box' to share your problem and someone try to help you solve it.

What shouldn't you do if you think you are being bullied?

- Always remember our values - Don't do the same thing back to them.
- Don't worry on your own.
- Don't keep it to yourself.



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