

What is Bullying?

A bully is someone who hurts someone else by using behaviour that is meant to hurt, frighten or upset another person. This behaviour is repeated frequently.



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

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

Verbal: Being teased, name calling.

Cyber: Saying unkind things by text, email and online.

Racist: Calling you names because of the the colour of your skin or if you have come from another country.

What is it Bullying?

Several

Times



On

Purpose

We promise to always treat bullying seriously.

Who can I Tell?

A Friend

Your class School Councillor

Parents/Carers

Teachers

Lunch time Staff

Any Trusted Adult



MOST IMPORTANTLY:-

If you are being bullied:

MAKE SOME NOISE!

If you are bullied: -

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the classroom Worry Box if you are too scared to speak openly about it.
- Talk to a friend.
- TELL SOMEONE.



ENOUGH ALREADY!

DON'T:

- Do nothing.
- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.

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

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.

The Headteacher, Governors and the staff will work together to:

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

What will happen to a bully?

- Teachers will get involved and help you solve problems;
- They will meet with the bully's parents;
- They will be given help to stop and change their behaviour.

St Philip Neri with St Bede



Child Friendly Anti-Bullying Policy