



## Our Anti-Bullying Policy (pupil version)

### Our Rights

**Article 12** – Every child has the right to have a say in all matters affecting them, and to have their views taken seriously.

**Article 15** – Every child has a right to meet with other children and join groups ...as long as this does not stop other people from enjoying their rights.

**Article 16** – Every child has the right to privacy

**Article 24** – Every child has the right to the best possible health.

**Article 31** – Every child has the right to play and rest.

**Article 36** – Governments must protect children from all forms of bad treatment.

### What is bullying?

Bullying is when someone is repeatedly being unkind to you over an extended amount of time whether physically, verbally or online (cyber-bullying). When someone is bullying you, he or she are purposely being mean to make you feel weak and sad. It can happen anywhere in society for example at school, home, online or at a club.

Examples of physical bullying are punching, kicking or pushing. Examples of verbal bullying are, saying mean things or not speaking to someone. Online bullying is communicating to someone on the internet and saying mean things or getting them to do things they do not want to do.

***Bullying is not an accident!***

### What to do if you are being bullied

- Tell a trusted adult at school or at home or ask a friend to tell an adult for you.
- Be honest with others so that you can be helped.
- Practise behaving confidently (power poses, body language).
- Try turning a negative comment into a positive one.
- Ask the bully to stop.
- Play or keep close to an adult for a while.
- Play with a group of friends who could be witnesses.
- Keep a log to share with a chosen trusted adult.

### What to do if you know someone that is being bullied

- Tell a trusted adult at school or at home
- Tell the bully to stop.
- Be supportive by playing with and being kind to the victim.
- Help the victim but don't get overly involved – ask for support!

***Do not be a bystander!***



### **How adults in this school should deal with bullying.**

Step 1) An adult should speak to the bully and the victim separately to determine if this is a repeated event.

(If you are online report any thing you are worried about to an adult straight away – Don't sort it yourself)

Step 2) An adult should speak with the bully's parents and the parents of the person being bullied. With respect to their right to privacy, information will not be shared outside of those who are involved.

Step 3) The bully should have a consequence to their actions.

Step 4) A reflection sheet should be used to help them reflect on what they have done, help them understand how they can improve their behaviour and let them know how their victim feels.

Step 5) If the bullying is happening on the playground the bully should have adult supervision for an amount of time.

Step 6)) Adults can help to make the bully a kinder person by: making it very clear to them that their actions are bullying; talk with them to find out why they are bullying; take part in Anti-Bullying week but carry it on throughout the year in assemblies, PSHE, RE and English lessons for example.

*This Policy was reviewed by the children of Langrish Primary School and written by the members of the School Council as part of Anti-bullying Week.*

*December 2021*