



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

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

What is bullying?

Bullying is when someone is constantly being unkind to you over a certain amount of time whether physically, verbally or online. 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 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 an adult at school or at home or ask a friend to tell an adult for you.
- Try ignoring and they may get bored. 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 diary.

What to do if you know someone that is being bullied

- Tell an adult at school or at home
- Tell the bully to stop
- Be supportive by playing with and being kind to the victim

Do not be a bystander!



How adults in this school should deal with bullying.

Step 1) An adult should speak with the bully's parents and the parents of the person being bullied.

Step 2) 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 3) The bully should have a consequence to their actions.

Step 4) If the bullying is happening on the playground the bully should have adult supervision for an amount of time.

Step 5) 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.