

Burradon Community Primary Children's Anti-Bullying Policy



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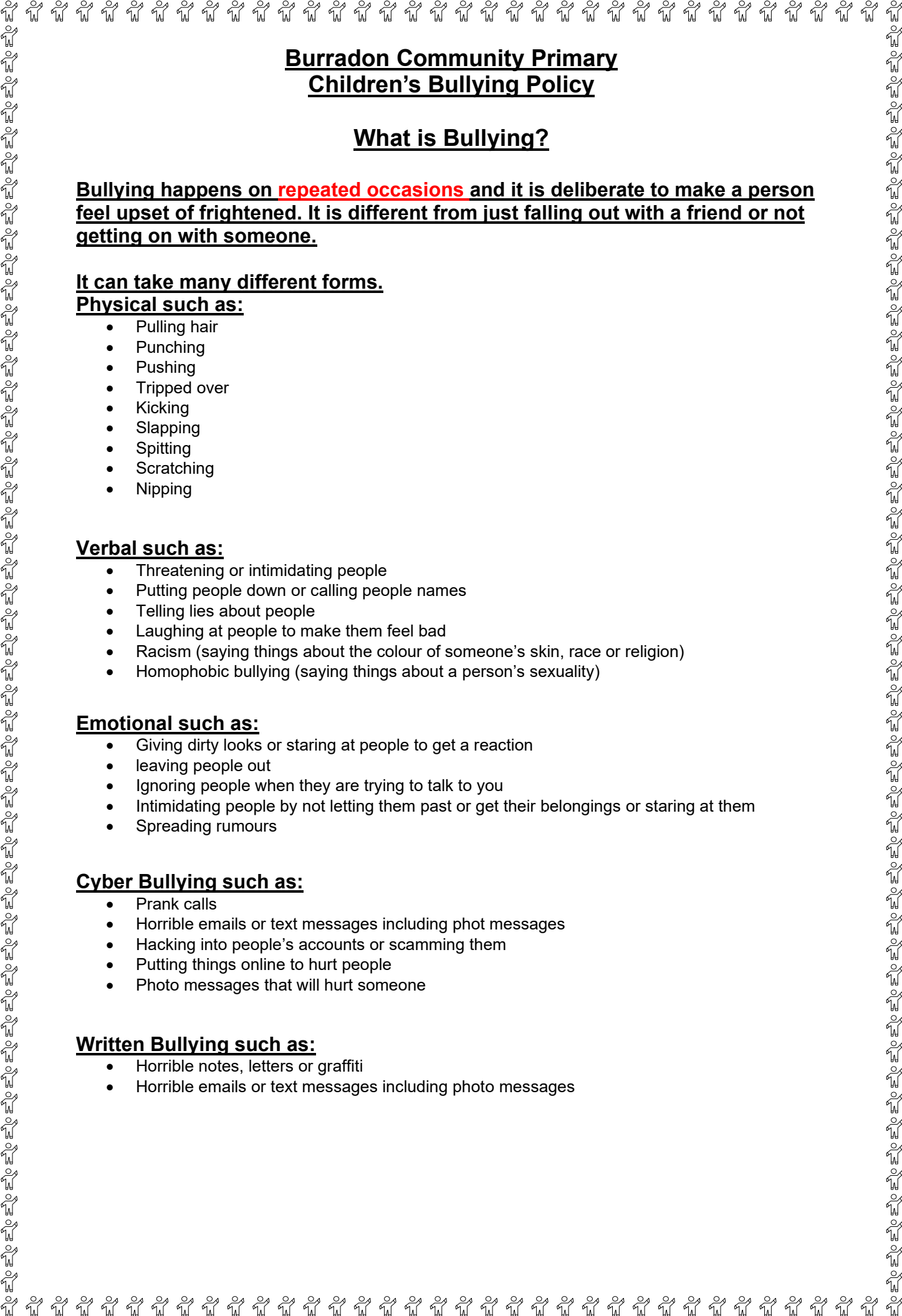
Bullying happens.....

Several
Times
On
Purpose

What to do.....

Start
Telling
Other
People

Together we can **STOP** it!



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What is Bullying?

Bullying happens on repeated occasions and it is deliberate to make a person feel upset or frightened. It is different from just falling out with a friend or not getting on with someone.

It can take many different forms.

Physical such as:

- Pulling hair
- Punching
- Pushing
- Tripped over
- Kicking
- Slapping
- Spitting
- Scratching
- Nipping

Verbal such as:

- Threatening or intimidating people
- Putting people down or calling people names
- Telling lies about people
- Laughing at people to make them feel bad
- Racism (saying things about the colour of someone's skin, race or religion)
- Homophobic bullying (saying things about a person's sexuality)

Emotional such as:

- Giving dirty looks or staring at people to get a reaction
- Leaving people out
- Ignoring people when they are trying to talk to you
- Intimidating people by not letting them pass or get their belongings or staring at them
- Spreading rumours

Cyber Bullying such as:

- Prank calls
- Horrible emails or text messages including photo messages
- Hacking into people's accounts or scamming them
- Putting things online to hurt people
- Photo messages that will hurt someone

Written Bullying such as:

- Horrible notes, letters or graffiti
- Horrible emails or text messages including photo messages

How does bullying make people feel?

- It can make people feel very sad and bad about themselves
- It can make them not want to come to school or find it hard to sleep or eat
- It can make them feel very lonely and scared to go out and do things
- It can make them very frightened and scared
- It can make them be unkind to other children and angry
- It can make them feel stressed out and anxious

Where to Get Help if you are being bullied

It is really important that you don't suffer in silence. If you are being bullied you could tell:

- Teachers, Teaching Assistants, Head Teacher or a member of staff
- Parents/family/carers
- School Buddies
- School Council
- Friends
- Sports leaders
- Lunchtime Supervisors
- Worry boxes (KS2)
- Worry monsters (KS1)
- NSPCC
- Childline 08001111
- Police

Top Tips if You are being bullied

- Let people know what is going on—parents, teachers, friends, Buddies etc.
- Keep a record of what is happening so you can remember
- Don't ignore it—you have rights and it will only get worse
- Think positively about yourself – what are you good at?
- Practice being confident, firm and clear – Tell the bully to **STOP**
- Try not to show that you are upset or angry or react with violence (this can be what the bully wants)
- Get away from the situation—just walk away and get help
- Avoid situations where you will be alone
- Try to avoid places where the bully might be

Remember it is not your fault you are being bullied. We all have a right to be safe and happy

Top Tips if someone else is being bullied

- Don't ignore it – tell an adult about it and keep telling until someone helps
- Ask the person to stop if it is safe to do so and you won't put yourself in danger.
- Get the person being bullied away from the situation if you can and it is safe
- See if the person who is being bullied would like to spend time with you and your friends
- Ask if the person is ok and maybe say something you like about them.

Further Information

If you would like further help and support the following organisations offer a range of support:

- Anti - bullying network
- www.Antibullying.net
- Childline 0800 1111
- www.childline.org
- Kidscape 08451205204
- www.kidscape.org.uk
- [Burradon Community Primary School - Anti-Bullying](#) (Burradon Community Primary)