

# Burradon Community Primary Children's Anti-Bullying Policy



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Bullying happens.....

**S**everal  
**T**imes  
**O**n  
**P**urpose

What to do.....

**S**tart  
**T**elling  
**O**ther  
**P**eople

Together we can **STOP** it!

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# **Burradon Community Primary** **Children's Bullying Policy**

## **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 persons 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 past or get their belongings or staring at them
- Spreading rumours

### **Cyber Bullying such as:**

- Prank calls
- Horrible emails or text messages including phot 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](http://www.Antibullying.net)

Childline 0800 1111

[www.childline.org](http://www.childline.org)

Kidscape 08451205204

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Anti-Bullying Information (Barnardos Community Primer)

