

What is Bullying?

Bullying is when someone behaves in a way which can hurt you physically or emotionally. Bullying can hurt one person or a group of people and happens many times.

Bullying usually makes someone feel frightened, scared and 'small'.

Bullying can be.....

Emotional: Hurting people's feelings by leaving people out, teasing, name calling, spreading rumours or saying they are not good enough

Physical: Punching, kicking, spitting, hitting and pushing

Cyber: saying or doing unkind things by text, email and online

Prejudice related: calling you names because of the colour of your skin, calling people 'gay' or being unkind because of their beliefs

When is it bullying?

Several

Times

On

Purpose

We will always treat bullying seriously

Childline - Free 24-hour helpline for children in distress or danger 0800 1111



Who can I tell?

- ✓ A Friend
- ✓ A Parent or Carer
- ✓ A Teacher
- ✓ A Teaching Assistant
- ✓ A Midday Supervisor
- ✓ A member of the Playground Pals
- ✓ A wellbeing warrior
- ✓ Someone else who I know and trust

DON'T:-

- Keep it to yourself
- Hit, push, kick or hurt them
- Be frightened to get help
- Don't do what they say

**MOST IMPORTANTLY: -
If you are being bullied:**

Start

Telling

Other

People

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

- Tell an adult straight away
- Don't get involved – you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying could continue

Mrs Jilavu, the Governors and all the staff will work together to: -

- To make our school a place where everyone can feel safe and happy
 - Help our school to be bully free
 - Help everyone to get on with each other
 - Sort out any issues that you have, help resolve them and make everyone feel happy
- Everyone has the right to be who they are

What if bullying does happen?

Teachers will talk to the person/people and help them to understand why their actions are so hurtful.

All of us will help them to change their behaviour so everyone can feel happy and safe again.



Home – School Agreement

- ✓ I will continue to help keep Swanwick Primary School a happy and friendly place
- ✓ I will do my very best to help our school STOP bullying behaviours
- ✓ I will tell an adult if I see bullying behaviour
- ✓ If I am being bullied, I will not keep quiet, I will tell someone
- ✓ I know the school will work with my parents to solve any issues that I have

Name of child _____

Swanwick Primary School

Child Friendly Anti-Bullying Policy

