

Little Houghton CE Primary School



Child-Friendly Anti-Bullying Policy



Written by a group of Y5/6 pupils in November 2020 and amended by the Anti-Bullying Ambassadors – April 2022 and June 2023

At Little Houghton CE Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school, especially on the playground.

Sometimes we don't know if something bad is happening, so you need to tell us or the Anti-Bullying Ambassadors

This policy looks at bullying, and what you can do or who you can talk to when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Making sure that you know who you can speak to.
- Helping you to understand the difference between bullying and a 'squabble' between friends
- Teaching you about bullying online





What is bullying?

Bullying is the repeated hurting or frightening of someone on purpose. The bully feels that they have power over you. Bullying is someone being horrible to you or someone else

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

Bullying is not:

Accidents

Falling out with friends

Being competitive with or annoyed by friends

Something that only happens once

Bullying is behaviour which is **repeated** (repetitive) on purpose all the time (intentional) and is meant to **upset** someone (negative).

These three words can help us identify whether it's bullying or not:

Is it:

Repetitive

Negative

Intentional

If it's all of these things it is bullying and this is when you should tell someone.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.



Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone over on to the ground.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **sexist**. Sometimes bullying is related to another person's age.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet through social media or by a message such as texts, Snapchat and WhatsApp.



Bullying can be done through **another person**, by one person sending another person to say nasty things.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Try to ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.
- Tell an anti-bullying ambassador
- Tell a friend and ask them to support you in telling someone

You should try **not** to:

- **Bottle it up** and keep it to yourself
- **Retaliate** and do what they are doing back to them
- Let what the bully says or does **upset** you.
- **Do what they say**



Always remember that if you are being bullied, it is **not your fault** and you are **never alone**. You always have friends around you.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**. If you are nervous, then you can speak to a friend or Anti-Bullying Ambassador and then together you can speak to an adult.



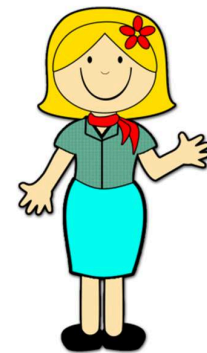
What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you **help** that person and reassure them that it's going to be ok.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person. If you can, and it is **safe**, tell the bully to **stop**, but never get angry or physically hurt them.

Be an **upstander** not a bystander.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied or a friend who will support you in telling a grown up.



Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying. Remember bullying happens more than once. If you do see someone being bullied, tell someone who can sort it out.

Who are the **Anti-Bullying Ambassadors**?

We are a group of children in year 5 and 6 who have been trained through the Diana Award

<https://diana-award.org.uk/anti-bullying/>

We want to make sure that at our school, we focus on spreading kindness and creating a supportive school environment. We want everyone to flourish, 'like a flower of the field' – this is our school vision (Psalm 103:15)

We will listen if you have a problem, our job is to stop bullying. So, we will try to get to a situation early so we can end it smartly and thoughtfully. We are always on the playground or near the Buddy Bench, we are always checking around. if you're on the Buddy bench, we will come and see how you are and if you need any help.





Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.



Speaking to someone like your **mum, dad, carer or teacher** will mean that we can make sure the **bullying stops** and doesn't happen again. You can also speak to a friend or one of the Anti-Bullying Ambassadors. It is always better if you speak to someone straight away and it will make you feel much better.

The list below shows the **people** at our **school** that you can speak to if you are experiencing bullying:

Mrs Fairbrother – Headteacher

Your Teachers

Any member of the school staff

A friend or an anti-bullying ambassador





How can I help to stop bullying from happening?

We can all help to stop bullying at our school by:

- Making sure we follow our school **values**
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- **Celebrating differences** and **standing up** for each other
- Thinking about people's **feelings** before we say or do something.
- Taking part in **PSHE, assemblies/worship** and **anti-bullying week**.
- Make sure everyone **understands what bullying is** through sending leaflets to our parents and displaying posters



We hope that you have all learned something from this policy, about what bullying is and how it can be stopped.



