

# **St Joseph's Catholic Primary School**

## **Anti-Bullying Policy Child Friendly Version**



## *Anti-Bullying Motto*

**Speak Out**

**Record It**

**Report It**

**Don't Support It**

*'We Are All Different And Unique'*



# What is Bullying?

In our school, a bully is someone who hurts someone more than once, by using words or behaviour which is meant to make them upset or frightened.

- **Emotional:**  
*Hurting people's feelings, leaving you out, being bossed about.*
- **Physical:**  
*Punching, kicking, spitting, hitting, pushing.*
- **Through a 3<sup>rd</sup> Person:**  
*Sending a friend with horrid messages.*
- **Verbal:**  
*Being teased, name calling, rude comments.*
- **Racist:**  
*Saying nasty things about you because of the colour of your skin, your religious beliefs or your culture.*
- **Cyber:**  
*Saying unkind things by texts, e-mail or on-line.*

## **Bullying is not:**

- A 'fall out' with a friend.
- An accident.
- Something that happens only the one time.
- A one off physical act of aggression e.g. pushing someone.

## When is it bullying?

**Several  
Times  
On  
Purpose**

## What will Happen to the Bully?

The teachers will get involved and help you solve the problem. They will talk to your parents, talk to your friends and make sure the bullying stops!

**DON'T BE AFRAID TO ASK FOR HELP**

## Who Can I Tell?



## What Should I do if I am Being Bullied?



### Start Telling Other People

#### DO:

- Ask them to **STOP**, if you can.
- Use eye contact and tell them to go away.
- Ignore them and walk away.
- Act as though you don't care what they say or do.
- Talk to a friend.
- Tell someone and get help straight away.

#### DON'T:

- Get angry or fight back - try not to react.  Hit them.
- Think it's your fault.
- Hide it.
- Do as the bully says

## Speak To Other People

### What should I do if I see Someone Else Being Bullied?

- Tell the bully to **STOP**.
- Report it to a trusted adult.
- Record the incident.

The Headteacher, Governors', Trustees and all the Staff at St Joseph's School work together to:

- Make our school a place where everyone feels safe and happy.
- Make sure any bullying is **STOPPED!**

