

Our School's Anti-Bullying Promise

We believe everyone at our school has the right to:

- Feel safe, happy, and respected.
- Learn and grow without being teased, hurt, or treated unfairly.
- Be themselves, no matter what they look like, where they come from, what they believe, or how they live.

What is bullying?

Bullying is when someone hurts, upsets, or scares another person again and again on purpose. Bullying can be by one person or by a group of people. It can be:

- **Physical:** Hitting, kicking, pushing, or damaging someone's belongings.
- **Verbal:** Name calling, teasing, offensive remarks or spreading unkind or untrue stories.
- **Emotional:** Leaving someone out on purpose, hurting people's feelings, gossiping.
- **Online (Cyberbullying):** Being unkind or hurtful using the internet or phones.

Bullying is different from falling out or one-off disagreements. It is not something that happens only the one time or a one-off physical act of aggression e.g., pushing someone when cross.

Bullying That Hurts People for Being Themselves

Sometimes bullying happens because someone is different. In our school, it's not okay to tease or hurt someone for things like:

- Their skin colour, nationality, or where their family is from.
- Their religion or what they believe in.
- Who they love or the family they have.
- Having a disability or needing extra help with some things.
- How they look, dress, or live.
- Whether they are a boy or girl or feel differently about their gender.



We celebrate everyone's differences and treat everyone equally.

Our School's Rules About Bullying

- Bullying is never okay.
- If bullying happens, we promise to listen and take action to stop it.
- Everyone in our school is responsible for helping others feel safe and happy.

What to Do If You or Someone Else Is Being Bullied

- **STOP:** Bullying is when someone is hurt **Several Times On Purpose.**
- **START Telling Other People:** Talk to a teacher, parent, or friend you trust. You can also use the school's worry box if talking feels hard.

What to do if I'm being bullied?

Start Telling Other People

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



You can also:

*Use eye contact and tell them to go away.

*Ignore them and walk away.

*Talk to a teacher, lunch time staff, friend, parent/carer.



*Use the classroom 'worry box', if you are too worried to speak openly about what is happening.

*Remember it is NOT your fault.

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

*Tell an adult straight away. Don't stay silent or the bullying will keep happening.

*Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.

*Comfort the person who has been bullied and then to speak to someone. Reassure them that it isn't their fault.

How We Stop Bullying

- We learn how to be kind, fair, and respectful during lessons.
- We celebrate being different and include everyone.
- Our teachers and adults are always ready to listen and help.
- We tell grown-ups.
- We use our worry boxes.



How We Help Everyone Involved

- **The person being bullied:** We will listen, help them feel safe, and support them. The adults in school will check that things have been ok.
- **The person doing the bullying:** We will help them understand why bullying is wrong and teach them how to be kind instead.
- **We will speak with parents:** We will let your parents or carers know if there are any bullying issues and continue to monitor this. In extreme cases, we may suspend children.

Why It's Important to Speak Up

If we work together, we can make our school a place where everyone feels happy and safe. Remember: You are never alone, and adults in school are here to help!

Our Anti-Bullying Charter

- All children and adults in school have signed to agree to the following:

we promise to try our very best to live by the following rules:

Use kind and respectful words, hands, feet and body language.

Never be purposely unkind.

Follow the '30-second rule': if somebody can't change something about themselves in 30 seconds or less, then it is not helpful to mention it to them.

Treat others the way they would like to be treated or keep our distance.

Live by these rules when we are online and out of school.

Listen to people when they are upset and understand why they are upset.

Accept and celebrate differences.

Help to stop bullying however we can.

Speak to someone if we are bullied or think someone else may be being bullied.