

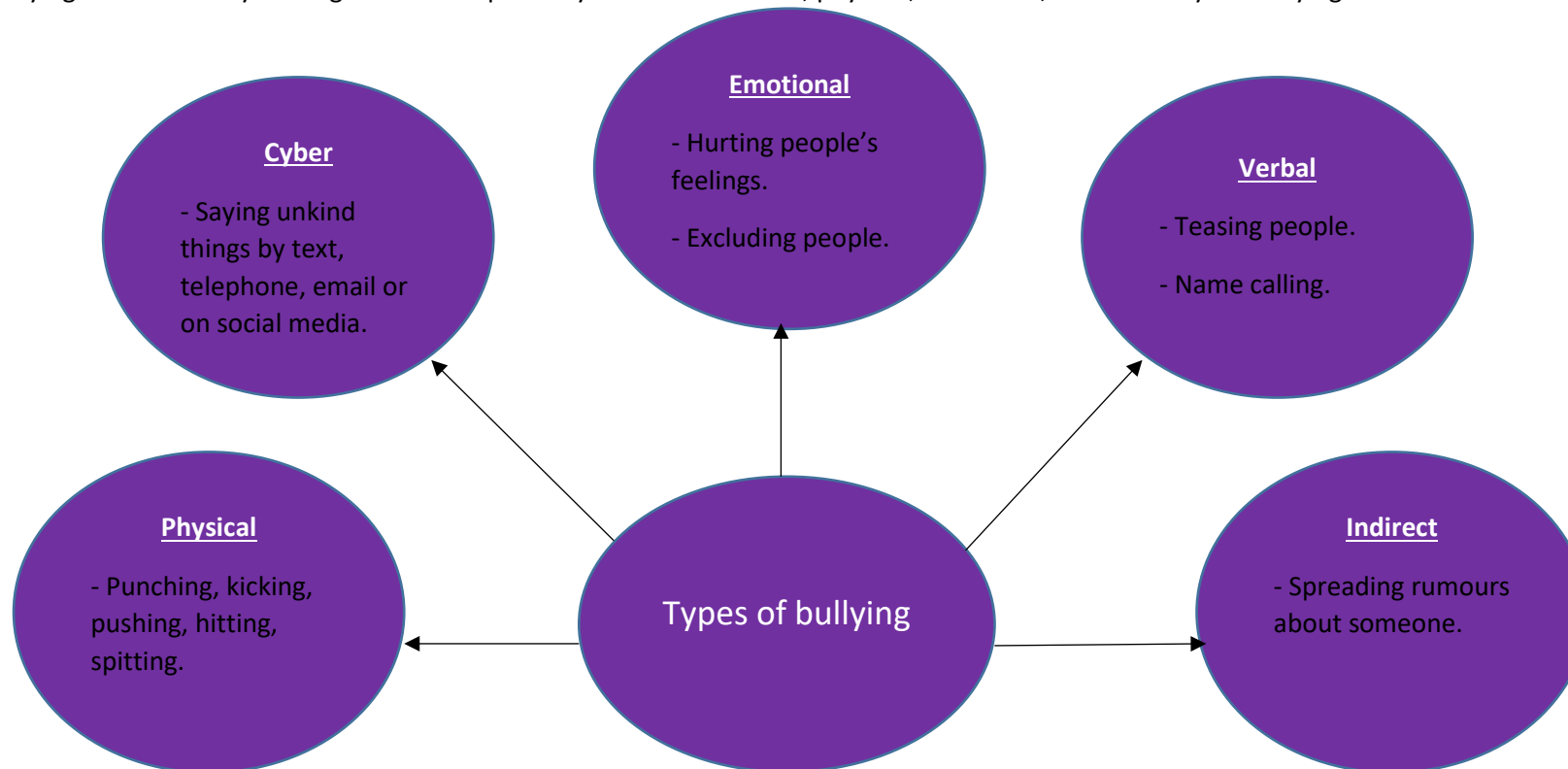


# Anti-Bullying Policy



## What is bullying?

Bullying is intentionally hurting someone repeatedly. It could be verbal, physical, emotional, indirect or cyber bullying.



Reviewed with children January 2023

Bullying is any behaviour that makes someone feel upset, uncomfortable or frightened several times on purpose.

**S**everal

**T**imes

**O**n

**P**urpose



**What should I do if I am being bullied?**

**S**tart

**T**elling

**O**ther

**P**eople

### Year Group definitions

Nursey	Bullying happens lots of times, when someone keeps on hurting another person's feelings, by calling them names and using mean words.
Reception	Bullying happens lots of times, when someone keeps on hurting another person's feelings, by calling them names and using mean words.
Year 1	Bullying happens lots of times, when someone keeps on hurting another person's feelings, by calling them names and using mean words, pushing and hitting them.
Year 2	All of the above + Bullying is when a person is hurt every day by a bully. Hurting someone means hurting their feelings with bad language or mean comments or hurting them physically. Bullying can happen online, in school, or at home. It can happen anywhere.
Year 3	All of the above + Bullying is when you are threatening people not to tell an adult and you are constantly hurting someone, verbally or physically. More examples are swearing, slapping, fighting, and calling names.
Year 4	All of the above + Bullying is threatening someone and swearing. Bullying is excluding someone on purpose. Bullying is being unkind to someone who is different to you, for example if they have a different religion.
Year 5	All of the above + Bullying is repeated abuse of any kind which is not tolerable. It is not right for anyone to feel unsafe in school.
Year 6	All of the above + Bullying is making fun of people's appearance making them feel smaller than you actually are. Gossiping/spreading rumours about people. Also ganging up on people. This can be done in person or online.



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### **Children's definitions of Signs of bullying**

#### **Regular occurrences of:**

- Doesn't want to go to school, frightened to walk to and from school
- Begs to be driven or walked with
- Changes usual routines
- Becomes withdrawn, quiet, lacking in confidence, anxious
- Become aggressive, abusive, disruptive
- Very unreasonable behaviour
- Stammering, self-harming threats to run away or hurt themselves or others
- Cries themselves to sleep
- Often feels ill before school
- Learning levels drop at school
- Comes home with bruises more than every day accidents, bumps, scratches regularly
- Comes home with torn clothes, broken or 'missing' equipment
- Sudden need for money
- Changes in sleep patterns/ eating habits
- Frightened to say what is wrong
- Afraid to use internet or phone
- Nervous or jumpy when phone rings, text/ email alerts come through
- Gives excuses for their behaviour
- someone may change the way they speak to try and fit in
- someone might not want to go out to play
- a child may run away and hide
- someone might sit on their own at playtime
- a child may hide their face when someone talks to them
- they may change their appearance
- someone might ignore or walk away when people talk to them
- they could pretend to join in with the bullying and bully 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.
- Remember it is NOT your fault.



**DON'T:**

- Get angry or fight back – try not to react.
- Hit them.
- Think it's your fault.
- Hide it.



**What should I do if I see someone 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 a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.

## **Who can I tell?**

- ✚ A friend
- ✚ A parent or carer
- ✚ A teacher
- ✚ A teaching assistant
- ✚ Lunch time staff
- ✚ Any other adult
- ✚ The Anti-Bullying Team
- ✚ The school council
- ✚ The Peer mediators



At Holden Lane Primary School, we believe any form of bullying is completely unacceptable.

We want our school to be bully free.

We want children to be able to come to school feeling happy and safe.

We want people to respect each other and follow our STAR values.

