

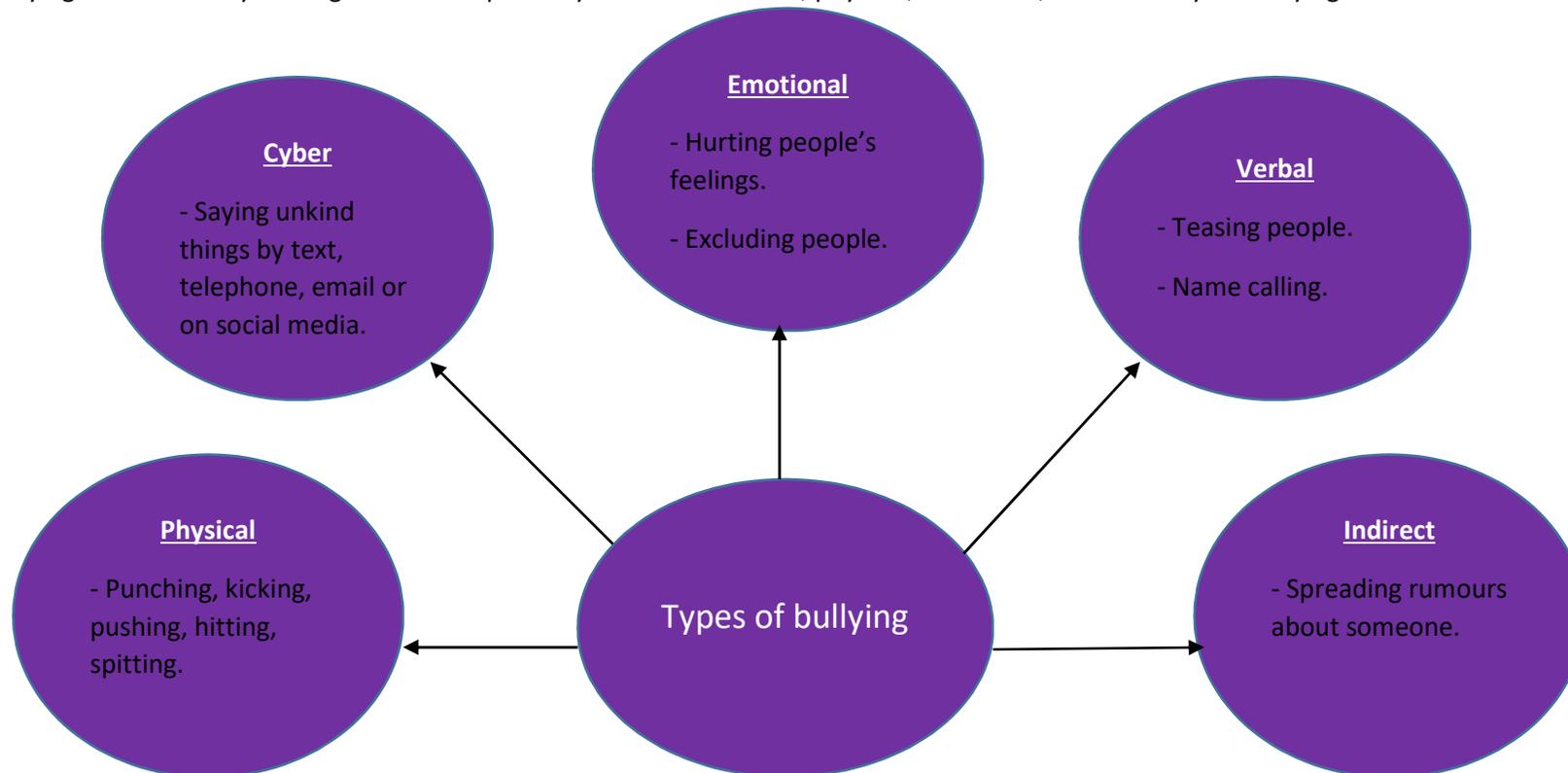


Anti-Bullying Policy



What is bullying?

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



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

Several

Times

On

Purpose



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.
- 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



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.

