



Anti-bullying Policy written by the children of **Preshute Primary School 2018**

Background

In 2017-2018 all pupils took part in various workshops and classroom discussions to identify the various forms of bullying, to understand the harmful consequences of bullying, and to know what to do if they were the victims of bullying or if they witnessed bullying taking place.

These class-led workshops and discussions have resulted in the drafting of this “child-friendly” version of our anti-bullying policy, which is in all our classrooms and on the website. It will also form the basis of teacher-pupil discussions on bullying – either as part of general class-based discussion on good behaviour or as part of restorative practices with individual pupils.

This child-friendly version of the anti-bullying policy supports the principles detailed our main Anti-bullying Policy. Most importantly, it is intended to send a clear message to our pupils that bullying in any form will not be tolerated in school, and to encourage pupils to speak to our staff if they are bullied or witness bullying, and to reassure pupils that the school will act promptly and appropriately to ensure that all our pupils remain safe and happy at school.



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What is bullying?

Bullying means choosing people to be mean to and to keep doing it.



Try to remember 'STOP' when trying to decide if it is bullying.

Several

Times

On

Purpose





What is physical bullying?

Physical bullying is damaging someone's body or health Several Times On Purpose. In some instances, people can be damaged so badly it can cause permanent injury. Physical bullying can take place in or out of school. It can be kicking, pinching, pushing, tripping, fighting or slapping. It can leave bruises, scratches and scars.

What is emotional bullying?

Emotional bullying is making someone else feel bad about themselves. This could be done by spreading rumours, teasing, threatening, mocking, ganging up, humiliation or using sarcasm. Emotional bullying has a strong link to verbal bullying.

What is verbal bullying?

Verbal bullying is when the bully makes very rude, unkind and even racist comments! It can be from teasing, name-calling and insults to intimidation and making fun of the victim. It can lead to knocked confidence, and even worse, fear, anxiety, sleep and eating problems.

What is cyber bullying?

Cyber bullying is when people are being mean to you using technology. An example is, you could receive a message saying '*You are stinky.*' This could be using the following devices:

- I-Pad
- Mobile phone/ SMS texting
- Games console (like x-box)
- Tablet
- Snap chat

Our advice is don't reply to a mean message or e-mail. Tell an adult.

What is the difference between an argument and bullying?

Bullying is when a behaviour happens several times on purpose (STOP). Arguing is when two people have a disagreement. It is not bullying because



you both have equal power. Bullying is when someone physically or mentally hurts you. The bully then has the power. The victim feels powerless.

What should I do if I think I or someone else is being bullied?

- Tell the person to STOP.
- Tell a teacher, your parents or any other trusted adult.
- Make sure you tell the truth and are honest.
- If a friend speaks to you, they may ask you not to tell anyone else, but you need to tell them the importance of telling an adult.

How can I try to avoid bullying?

