



## By Brook Valley CE Primary School Child friendly anti- bullying policy

At By Brook Valley we are committed to creating a positive, safe and caring Christian environment, where everyone will be respected and valued. Our school is a place where everyone has the right to be themselves and where everyone can feel safe, be happy and learn.

Everyone at our school is included and acts with respect, kindness and friendship towards each other.



Our school takes bullying very seriously.



### What is bullying?

At By Brook Valley, a bully is someone who deliberately uses behaviour which is meant to hurt, frighten or upset someone more than once. Bullying can be done by one person or a group of people.

### When is it Bullying?

When it happens '**LOTS OF TIMES, ON PURPOSE!**'

### Bullying can be:

**Emotional:** Hurting someone's feelings, leaving them out, making them feel bad

**Verbal:** Teasing, name- calling, being threatening, starting and/or spreading rumours or lies

**Physical:** Pushing, poking, kicking, hitting, biting, pinching, stealing their things

**Cyber:** Being unkind by phone, text, email and/or through social media

## **Bullying can be about:**

- Race or ethnicity
- Religion or belief
- A need or disability
- Gender
- Family and culture
- What someone looks like
- Where someone lives or who they live with

If someone is being hurtful, or unkind to you lots of times, on purpose, for whatever reason, whether it is about you, your family or friends, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

## **Why does bullying happen?**

Although bullying does not happen very often at our school, it might happen. Pupils who bully can be older, younger, bigger or smaller than you. Pupils who bully pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

## **Where can it happen?**

Bullying can take place in school, out of school and/or online.

## **What should I do if I'm being bullied?**

### **Remember:**

**S**tart

**T**elling

**O**ther

**P**eople

## **If you are being bullied:**

### **DO:**

- Ask them to stop
- Use eye contact and them to leave you alone
- Ignore them
- Walk away
- Get a trusted adult to help

### **DON'T:**

- Do what they say
- Get angry or upset
- Hit them
- Think it is your fault
- Blame yourself for it happening
- Keep it to yourself

## Who can I tell?

If you are being bullied it is important to tell someone you trust. Tell an adult or friend, either at school or at home. If you have already told an adult about bullying you can still tell them again.

- A friend
- A family member
- Head teacher
- A teacher
- A teaching assistant
- Any adult in school
- Anybody near you

You can also write a note about the bullying in your class worry box. You can also call **ChildLine** at any time free on **0800 1111**. They will not tell anyone about what you have said.



If you tell a teacher or adult at school they will be able to help you. They will tell the headteacher and your parent or carer so that they can help you. Telling an adult will never make bullying worse. They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.

## What should I do if I think someone is being bullied?

In our school, we all take responsibility in keeping each other safe. It is never OK to see someone being bullied and do nothing (being a bystander).

### If someone else is being bullied:

- Tell people to stop (become a defender) if it is safe or you can tell an adult about what has happened.
- If you think someone is being bullied then talk to the person, ask if they're okay.
- Ask if you can help them talk to a teacher or an adult they trust.