

Your Rights and Responsibilities

What our school does to respond to bullying

- We take bullying seriously and always listen.
- We will take immediate action to make sure the bullying stops and everyone is safe.
- We will listen and support all the children involved.
- We always deal with bullying behaviour and make sure children understand why it is wrong.
- We take steps to protect and support children who have been bullied or feel unsafe in any way.
- We work with children who have bullied to change their behaviour.

OUR RESPONSIBILITIES

To talk to a trusted adult when things are difficult.

To listen to other people and to the adults trying to help us.

To be honest

To look after each other, not just our friends but everyone in school.

To think about how others feel.

To do our best

To be polite

OUR RIGHTS

We all have the right to be safe and to not feel afraid.

We have the right to know our feelings matter.

We all have the right to an education.

We all have the right to be happy and enjoy school.

We have the right to be heard and to make the right choices.



Little Stoke Primary School Pupil Anti-Bullying Policy

Bullying happens.....

What to do

Several

Start

Times

Telling

On

Other

Purpose

People

Together we can **STOP** it

What is bullying?

In our school, bullying is hurting someone, more than once, on purpose by using behaviour or words which are meant to frighten or hurt that person. Bullying happens over and over again and often gets worse over time.

Bullying can be

Emotional: Hurting people's feelings, deliberately excluding people

Physical: punching kicking, spitting, hitting or pushing.

Verbal: being teased, name calling



Written: letters, notes, graffiti



Cyber: saying unkind things by text, email and on the internet

Racial or Religious: Calling people names or being unpleasant to people because of their race, skin colour, cultural heritage or religion

Sexual: unwanted or inappropriate touching or rude comments

Homophobic: treating people badly because they are gay or lesbian; using homophobic language as a form of insult eg calling someone gay

We understand that bullying can lead to children:

- ◇ Feeling frightened and anxious
- ◇ Feeling worthless, like they don't matter
- ◇ Not wanting to come to school or becoming ill
- ◇ Feeling lonely and isolated

What if I am being bullied?

You Should:

- ⇒ Tell someone and get help straight away.
- ⇒ Stay calm.
- ⇒ Walk away and find a trusted adult.
- ⇒ Support each other.
- ⇒ If you see someone being bullied, it is ok to help them if you feel safe enough. If not, get help from an adult quickly.



What NOT to do:

- ⇒ Try not to show you are upset but do make sure you tell a trusted adult as soon as you can
- ⇒ Don't be nasty back.
- ⇒ Don't keep it to yourself.
- ⇒ Don't be a bystander. If you see someone being bullied, support them by getting help from a trusted adult or by encouraging them to get help.
- ⇒ Don't take sides or get involved yourself. Once bullying has started, you need an adult to help stop it immediately.

