

# Bratton Primary School

## *Child Friendly Anti- Bullying Policy*



At Bratton Primary School, we want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

This policy looks at bullying, what it is, what you can do if you feel you are being bullied, or if you notice someone else being bullied.

## What is bullying?

Bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to scare, hurt or upset someone.

We can use the word **STOP** to help identify bullying:

**S**everal  
**T**imes  
**O**n  
**P**urpose

It is important to remember that single problems or falling out with friends is not bullying. Bullying is behaviour that is repeated on purpose and is meant to upset someone.

## Types of bullying

Bullying can be lots of different things:

**Emotional:** Hurting someone's feelings, leaving them out or bossing them about.

**Physical:** pushing, hitting, kicking, spitting at, punching someone.

**Verbal:** teasing someone, calling them names, using hand signals, or saying harmful things.

**Written:** Writing notes, letters graffiti about someone.

**Cyber:** Saying unkind things or sending unkind pictures or messages on the internet or through text messages or online games.

**Racist:** Bullying someone because of their skin colour, race or what they believe in.

**Sexist:** Bullying someone because of their gender (if they are a girl or boy).

**Homophobic:** Bullying someone because of their sexuality (whether they like boys or girls). Calling someone gay or lesbian to hurt them would be bullying.

Bulling can be done by another person, by one person telling another to do or say the unkind things to someone else.

What to do to **STOP** it...

**S**tart **T**elling **O**ther **P**eople

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

#### **Do**

- Ask them to stop if you can
- Use eye contact and tell them to go away
- Ignore them and walk away
- Talk to a friend
- TELL SOMEONE

## Don't

- Don't get angry or try to fight back
- Hit them
- Think it's your fault
- Don't listen to the bully or do what the bully says
- Hide it

Always remember that if you are being bullied, it is not your fault and you are never alone.

You should not be afraid to talk to someone if you are being bullied, if you talk to a friend or a grown up, together we can make the bullying **STOP**.

**S**peak **T**o **O**ther **P**eople

## What should I do if I see someone being bullied?

- Tell an adult straight away.
- Try not to fix it yourself, you might end up getting hurt or in trouble yourself.
- Do not ignore it or forget it or the bullying might carry on happening.

**S**peak **T**o **O**ther **P**eople

## Who can I tell?

- Parent/carers
- Other family member

- A friend
- A teacher
- MDSA
- Any other adult in school
- Any other trusted adult

At Bratton Primary School we will all try to stop bullying from happening by:

- Following the steps in this policy.
- Being kind, respectful and friendly to others.
- Think about people's feelings before we say or do anything.
- Help everyone feel happy and safe at school because everyone is different and we believe everyone had the right to be who there are.
- Take bullying seriously

Together we say **STOP** to bullying.