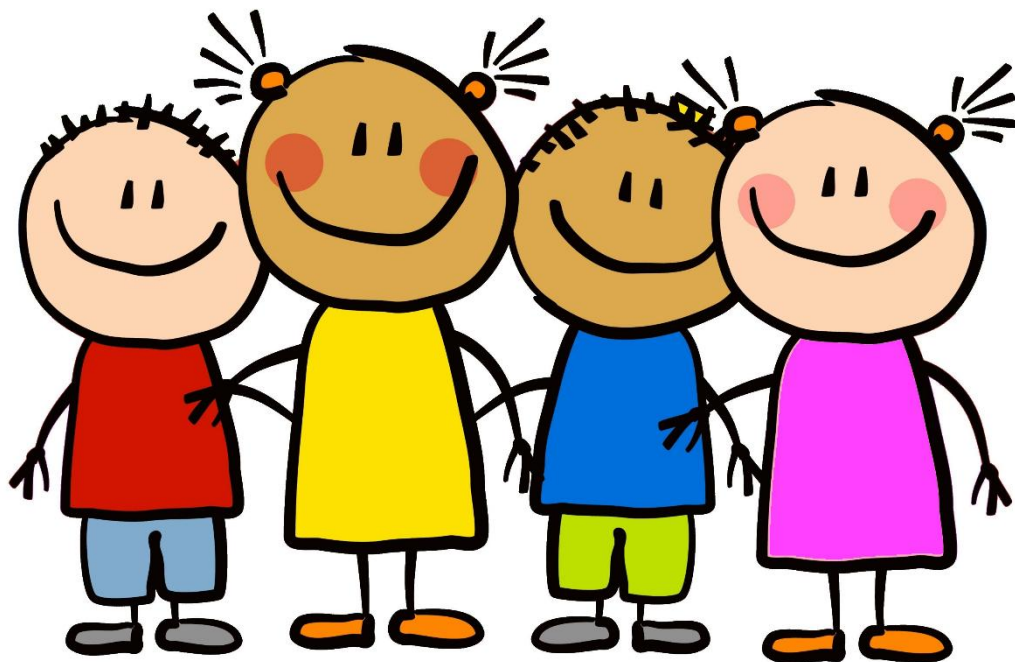


Hoo St Werburgh
Primary School



Hoo St Werburgh Primary School

Child Friendly Anti-Bullying Policy



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Feeling safe and happy at school

At Hoo St Werburgh Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



1

What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare**, **hurt** or **upset** that person.

Bullying is not:

- A fall out with a friend
- An accident.
- Something that happens only the one time.
- A one-off physical act of aggression e.g. pushing someone.

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated** on purpose and is meant to **upset** someone.

2

Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.



Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person sending another person to say nasty things.



3

What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.
- Ask them to **STOP** if you can.
- Ignore them and walk away.
- Tell a friend
- Tell someone to get help straight away

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.
- Think it's your fault.
- Hide it.



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

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.

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

4

If you see someone else being bullied, it is important that you **help** that person.

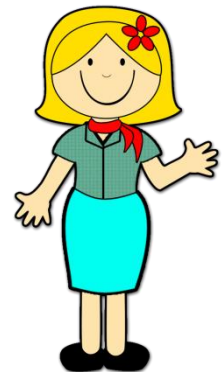
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.





Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.



Speaking to someone like your **mum, dad, carer or teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

The list below shows the **grown-ups** at our **school** that you can speak to:

Your class teacher/s and Teaching Assistants

Mrs Boffa Head of School Mrs Poad (Executive Headteacher)

Mrs Pace, Mrs Banks, Mrs Hunt, Miss Boaks or Mrs Gallacher



What will we do to support you?

We will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or sanctions (Punishments) and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards other so that you can feel safe and happy in school. Your teacher will check with you that things have been ok. We want to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- To get on well together.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.
- Make our school a place where everyone can feel safe and happy.



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **circle time** and **anti-bullying week**.



At Hoo we use the **STOP** slogan to help children understand what bullying is and how to respond. The acronym **STOP** stands for **S**everal **T**imes **O**n **P**urpose and Start Telling Other People.

S everal	S tart
T imes	T elling
O n	O ther
P urpose	P eople



Who can I tell?

Ask the bully to stop

Collect a friend or witness

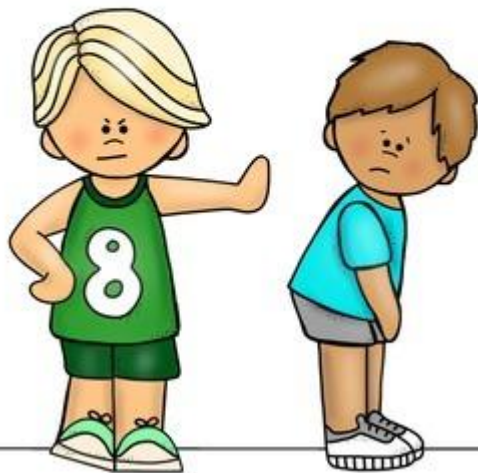
Take them and tell an adult

If you are being bullied:

Start Telling Other People!

WE SAY NO

TO BEING MEAN WITH ACTIONS



WE SAY NO

TO BEING MEAN WITH WORDS



INCLUDE others!



stand UP for WHAT is RIGHT!



We will help those who are being bullied!

