Victoria Road Primary School
Child Friendly Anti-Bullying Policy

What is bullying?

In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

Bullying can be…..

Emotional: Hurting people's feelings, leaving you out, making you feel bad.

Physical: Punching, kicking, spitting, pushing, theft.

Verbal: Being teased, name calling, being rude.

Racist: Calling you racist names, graffiti.

Cyber: Saying unkind things by text, email, social media.

When is it bullying?

Several

Times

On

Purpose

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person.
Think before you speak!
If we make a mistake and I hurt somebody I say sorry and try to make it better.

Who can I tell?
Positive Behavour & Mental Health Ambassadors
A friend
A family member
School leader or Buddy
Head Teacher
Any teacher at school or any adult in school including Lunch time staff
Someone you trust
Anybody near you
 MOST IMPORTANTLY
            If you feel you are being bullied :

Start
Telling
Other
People

If you are bullied:

DO
- Ask them to stop if you feel it is safe to do so.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- TELL SOMEONE!

DON'T
- Do what they say.
- Get angry or look upset.
- Hit them.
- Think that it is your fault.
- Hide it.
- Do not retaliate.

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

- Don't be a by-stander!!
- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.

- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- TELL SOMEONE.

We will work together to:

- Make our school a place where everyone can feel happy, where no bullying is allowed.

- We will help everyone to get on with each other.

- We believe that everyone has the right to feel safe and be themselves and must not be made to feel unhappy by others because of the way that they look, behave or feel.