

Howes Primary School

Child Friendly Anti-Bullying Policy



What is Bullying?

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



Bullying can be.....

- Emotional:** Hurting people's feelings, leaving you out.
- Physical:** Punching, kicking, spitting hitting, pushing.
- Verbal:** Being teased, name calling.
- Racist:** Calling you racist names.
- Cyber:** Saying unkind things by text, e-mail and social networking.

When is it Bullying?

Several

Times

On

Purpose



If you are bullied:-

DO:-

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away
- Talk to Playground Pals
- Talk to any grown up.
- Tell your friends.
- TELL SOMEONE YOU TRUST!



DONT:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it is your fault.
- Hide it.

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

- Don't walk away and ignore the bullying:
- Tell an adult about what you have seen.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors, staff and the School Council will work together to:-

- Make our school a place where everyone can feel safe and happy. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are as long as they are kind and respectful.

Who can I tell?

A Friend

Mum/Dad

Teachers and Teaching Assistants

Learning Mentors

Playground Pals

School friends

Lunch time Staff

Any Other Adult

MOST IMPORTANTLY...

if you are being bullied

Tell someone you trust!