

DUKE OF NORFOLK CE PRIMARY SCHOOL



PUPILS' ANTI-BULLYING POLICY

In our school, we respect and co-operate with each other. We respect the rights and property of everyone. We support each other if we are sad or upset. We treat everybody equally and make every person feel that they matter. We behave extremely well and know how this benefits the school, society and ourselves. We promote a Christian ethos and we show respect for all other faiths as well as those who do not have a faith.

This school is a place where everyone has the right to be themselves. It is a place where everyone can feel safe, be happy and learn. Everyone at our school is equal and acts with respect and kindness towards each other. Our school is a bully-free place.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else, **on purpose** and **more than once**. Bullying can be done by one person or by a group of people and can be towards one person or a group of people. A useful way to remember bullying is

SEVERAL TIMES ON PURPOSE



Bullying can
be...

- Hitting or saying you are going to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

Bullying can be about:



- Race or ethnicity (racist bullying)
- Religion or belief
- Family and culture
- Gender (sexist bullying)
- Homophobic or biphobic bullying
- Transphobic bullying
- Special educational needs or disability
- What someone looks like
- Where someone lives

If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your family or friends, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.



Why does bullying happen?

Although bullying does not happen very much at this school, it might happen. People who use bullying behaviour can be older or younger than you, bigger or smaller than you. They pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied it is not your fault.



What should I do if I think someone is being bullied?

Talk to the person and as if they are ok and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust. Never stand by and accept bullying. Stay calm, if it is safe to do so, say 'stop', walk away, and tell an adult.

What should I do if I am being bullied?

If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

- Tell a teacher – your class teacher or any other teacher
- Tell a friendship buddy who will be able to help you
- Tell any other adult staff in school – such as teaching assistants, midday supervisors or the school office
- Tell an adult at home
- You can also write a note about the bullying and put it in a worry box
- You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said.

Why should I tell someone if I am being bullied?

If you tell a teacher or an adult at school, they will be able to help you. They may tell another teacher like your class teacher, or a parent or a carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the person doing the bullying behaviour to find ways to stop the bullying.