

We are all working together to S.T.O.P. bullying

Bullying is behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere - at school, at home or online. It's usually **repeated** over a long period of time and can hurt both physically and emotionally.

We want everyone to feel safe and happy. We believe that everyone has the right to be who they are.



REMEMBER to S.T.O.P. bullying...



Lickey Hills
Primary School
and Nursery

Child Friendly Anti-Bullying Policy



Created with LHPSN Pupil Parliament

BULLYING IS WHEN SOMEONE HURTS YOU...



SEVERAL TIMES ON PURPOSE

What is bullying?

Bullying can be **repeatedly**...

Emotional: Hurting people's feelings, leaving you out or saying nasty things.

Physical: Punching, kicking, spitting, hitting or pushing.

Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, email, chat rooms or online.

Racist: Calling you names because of the colour of your skin or because of your religion

It is not:

- A fall out
- Something unkind that happens just once
- An accident

If you are bullied, what should you do and not do?

DO:

- Ask them to stop, if you can
- Ignore them and walk away
- Act as though you don't care what they say or do
- TELL SOMEONE STRAIGHT AWAY
- Remember it is NOT your fault

DON'T:

- Get angry or try to fight back
- Hit them
- Hide what is happening to you
- Do as the bully says
- Think it is your fault

Who can you speak to?

- Any adult in school with a blue lanyard - teachers, teaching assistants, lunchtime supervisors, office staff – ANYONE!
- Your parents, carers or family
- ANY OF YOUR TRUSTED ADULTS



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

DO:

- Tell an adult straight away
- Tell the bully to STOP if it is safe to do so.
- Comfort the person involved and tell them to speak to an adult. Reassure them that it isn't their fault.

DON'T:

- Try and get involved as you might end up getting hurt or in trouble
- Stay silent
- Ignore what you have seen

What will happen to the bully?

Teachers will get involved and help to stop the bullying. They will talk to the parents of the children involved, including those of the bully. Children often don't realise what they are doing is bullying, or understand how much their actions have hurt someone.

Before you speak:
THINK
T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?