



## Kington St. Michael CE Primary School

### Anti-Bullying Policy

#### Aims

To help all children to understand what bullying is, how to recognise it and how to stop it.

#### What is bullying?

Bullying is when someone is unkind or hurtful to another person for a long time. It is planned, regular and often.

Bullying is deliberate and the bully means to hurt or upset the other person.

Bullying can be done by one person or a group of people.

Bullying may be physical, spoken or not spoken.

Bullying is NOT an argument or fight that happens only once, or a friend being nasty.

#### Why do people bully?

People who are happy with themselves do not need to bully other people.

Children bully because:

- They want to be 'in' with the cool gang
- It feels like fun - they don't see how much it hurts the other person
- They are jealous of the person
- It makes them feel big and powerful
- It gets them what they want (sweets, money)
- They are being bullied themselves and are taking it out on someone else
- They are having problems in their life and they feel bad.

Someone is being bullied if, over a period of time, they are:

- Being called names or having something rude said to them
- Being teased over a period of time
- Being pushed or pulled about.
- Being hit or attacked.
- Having rumours spread about them.
- Being repeatedly ignored and left out
- Being forced to hand over money or things that belong to them.
- Being attacked because of the colour of their skin or their religion (what they believe in).
- Being sent unkind or threatening messages on social networks, email or mobile phones

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## **Tell Tale Signs**

Children who are being bullied may:

- Be frightened, sad or upset.
- Not want to go to school or feel ill every morning.
- Begin doing badly at school.
- Have clothes or belongings go missing, damaged or destroyed quite often.
- Cry when left alone.
- Have unexplained cuts and bruises or self-harming.
- Ask for money or begin stealing (to give to the bully).
- Become depressed, upset and worried and may stop eating.
- Have repeated bad dreams or nightmares over a period of time.
- Begin to bully other children.
- Be on their own a lot.
- May have low self-esteem

## **How to Stop Bullying**

**The most important thing to do if you are being bullied is to TELL.**

It is brave and the right thing to do.

- Tell a grown-up that you trust (mum, dad, teacher, teaching assistant, best friend)
- Talk to the bully about how they are making you feel
- Talk to someone about things you could do to stop the bullying.

## **What will the school do if you are being bullied?**

- You will be taken seriously and the problem will be looked into carefully.
- Bullies, people they bully and any witnesses will be spoken to on their own so that all sides of the story are heard.
- If the problem has only happened once, the person being unkind will have a punishment
- If the problem seems to be happening regularly and is seen as bullying, the bully's parents and the parents of the person being bullied will be told.
- Lots of different things will be tried so that the bully stops
- If none of these things work and the bully does not stop, they will be excluded from school
- The school will try to help the bully and the person being bullied:
  - For the bully:
    - We will talk to the bully and try to find out why they are bullying another child

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- We will watch the bully to see if they are still bullying others.
  - We will try to help the bully and sort out their problems

For the person being bullied:

- We will protect you from the bully, e.g. asking staff to watch out for you, keeping the bully in at playtime and lunchtime.
- Show you ways of helping yourself and how to stop being bullied

### **Saying No**

- Through training and role-play the children should be given opportunities to practise saying **"NO"**.

### **Broken Record**

- Answer clearly and strongly with the same sentence three times, rather than entering into an argument with the bully, i.e. **"I do not give my pocket money away"**. After saying the same thing three times, walk away.

### **Fogging**

- If the hurtful remark is true respond **"that's right"**, if it is wrong respond **"you could be right"**, or **"it's possible"**.

### **Ignoring**

- Try to ignore the bully if possible

### **Bubble Box**

- One of these should be in every classroom and be available for children to write down any worries they may have. Teachers must make sure that the box is checked regularly

Policy written by the School Council

Reviewed Date - November 2017

Next review date - November 2019

**Signed**      **(School Council)**