

Saint Wilfrid's Catholic Primary School



Child-Friendly

Anti-Bullying Policy: Feeling Happy and Safe in School



St. Wilfrid's Catholic Primary School

“Living the Gospel in the Spirit of Love and Respect”

Feeling Safe and Happy at School

At Saint Wilfrid's, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

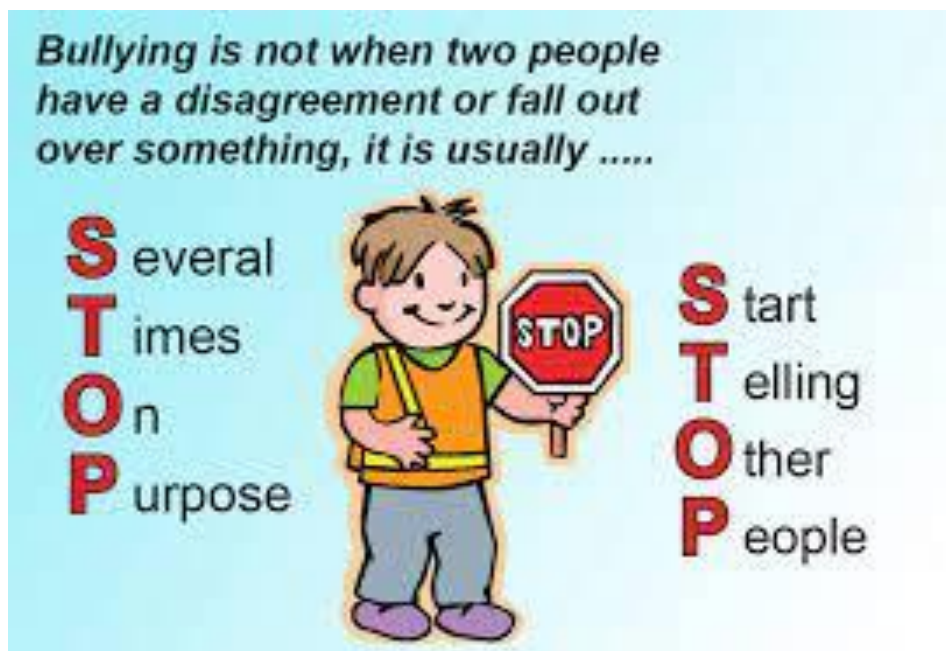
- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to



1. What is bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

At our school, we use the word 'STOP' to identify bullying:



It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

2. Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through another person, by one person asking another person to say nasty things.

3. What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

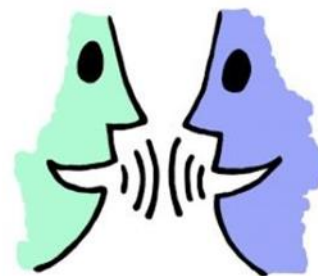


You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.



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

If you see someone else being bullied, it is important that you **help** that person.



You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel happy again.

You should **never feel scared** to tell someone about bullying.

IF YOU'RE BEING BULLIED



Tell someone you trust



Keep a record of what's happening



Don't retaliate



Surround yourself with people that make you feel



Don't blame yourself – it is NOT your fault



Be proud of who you are

5. Who can I talk to?



It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

The list below shows the **grown-ups** at our **school** that you can speak to:

- **Mrs O'Brien**
- **Mrs Melling**
- **Mr Hassan**
- **Mrs Sanderson**
- **Your Teacher**
- **Your Teaching Assistant**
- **The Lunch Time Assistant**
- **ANY ADULT IN SCHOOL**

If you feel you can, talk to a teacher you trust or a family member. If you don't want to do that you can always call Childline 0800 11 11 or visit www.childline.org.uk.

Remember you can also speak one of our **Wellbeing Champions**, they will help you talk to an adult if you are worried about speaking to an adult first.



6. How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Always following the **Golden Rules**.
 - Making sure we **keep to the rules** in this guide.
 - **Helping others** when they are in need.
 - Being **kind, friendly** and **respectful** to others.
 - **Thinking about people's feelings** before we say or do something.
 - **Taking part** in PSHE, RSHE lessons.
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- Taking part in **anti-bullying week** and other events.



Friendship Friday - each week we celebrate friendship and promote positive relationships. It's a chance for everyone - in school and in our community to reach out to others.

