



## Boughton Primary School

### Anti-Bullying Policy

#### What is bullying?

At Boughton Primary School we believe that bullying is **repeated, negative** behaviour **intended** to make others feel upset, uncomfortable or unsafe.

Boughton Primary School is a happy school where we follow our Behaviour Promise called our Boughton B's – "**Be Kind, Be Safe, Be Responsible**". However, we know that bullying can and does happen in every school.

#### Types of bullying

Bullying can be **verbal, indirect** or **physical**. Some examples of each type are below:

**Verbal** – swearing, discriminatory language, hurtful comments, swearing

**Indirect** – cyberbullying, spreading rumours, isolating someone, intimidation

**Physical** – punching, hitting, tripping, kicking, throwing things

#### How we try to stop bullying from happening

- Anti-bullying ambassadors – trained children who support pupils and staff to notice incidents of bullying and make sure they are dealt with
- Wellbeing journals to record our feelings and ask for help, if necessary
- Worry boxes

- Quiet Zone in the playground
- Posters displayed around school to encourage children to speak out
- Character strengths — one new strength focused on each week
- PSHE lessons following our Jigsaw scheme
- Assemblies on character strengths, PSHE topics and Jigsaw themes
- Annual Wellbeing Day which coincides with national Anti-Bullying Week.
- Network support hands — children identify five adults they know they could speak to about their worries
- Buddy System for Reception and Year 6

### How we deal with bullying

Our Behaviour Policy details how we deal with issues in our school using a 1,2,3 system. We also use reflection sessions to discuss any issues in further detail. This policy can be viewed on our website.

If an allegation of bullying does occur in school, reflection time will likely be the first step. If necessary, we will then communicate with parents about the outcomes of a reflection session.

If a parent brings a bullying concern to us, then we will talk to everyone involved to understand fully what has happened.

We know that children who bully have very often been bullied themselves so it is important to support and care for everyone.

### Our Anti-Bullying Pledge

I'm putting my hand up and pledging to stop bullying.

QR code link to Anti-Bullying Policy video to follow.

