

What should I do if I am being bullied?

Do:

- ◆ Walk Away
- ◆ Ignore them
- ◆ **STOP - Start Telling Other People**

Don't:

- ◆ Think that it is your fault
- ◆ Hide it
- ◆ Do what they are asking you to do
- ◆ Get angry or upset

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

- ✓ Don't walk away and ignore the bullying.
- ✓ Don't stay silent or the bullying will keep happening.
- ✓ Tell a trusted adult.
- ✓ Help and offer support.
- ✓ Don't join in; be a buddy not a bully.
- ✓ Convince the person who is being bullied to tell a trusted adult.

The headteacher, school governors, staff, children and the wider community will work together to:

- ✓ Make our school a place where everyone can feel secure, be valued, can learn and feel happy. That means no bullying is allowed
- ✓ Help everyone to get on with each other
- ✓ make sure that everyone has the right to feel safe and to be who they are
- ✓ Make sure that everyone has the right to feel safe and be who they want to be

CHAPELFORD VILLAGE PRIMARY SCHOOL



# CHILD FRIENDLY ANTI-BULLYING POLICY

Learn, Achieve, Respect





### What is bullying?

Bullying is when someone is being hurt by words or actions on purpose, more than once, feels bad, frightened or upset and has a hard time stopping what is happening to them.

### Types of bullying

**Emotional:** hurting people's feelings, leaving someone out, making someone feel bad about themselves.

**Physical:** punching, kicking, hitting, shoving, tripping up, hair pulling, taking someone's belongings.

**Verbal:** name calling, being teased, being rude, using homophobic, biphobic or transphobic language.

**Racist:** calling someone names, teasing or making them feel bad because of skin colour, culture or religious reasons. This can be in the form of vandalism or graffiti.

**Cyber:** takes place online or through smartphones, tablets, games consoles—saying or posting unkind things by text, social media, e-mail, games.

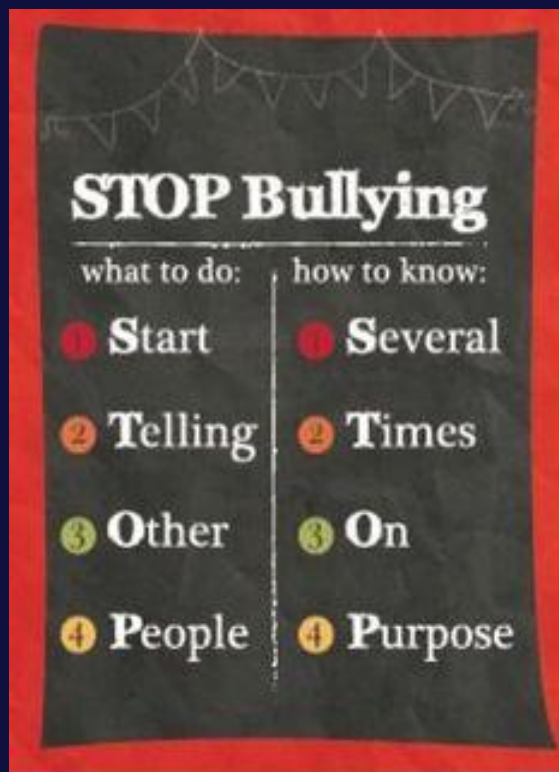
**Sexist:** bullying because of someone's gender, making someone feel bad or not equal because of who they are.

**Homophobic and biphobic:** verbal, physical or emotional bullying of someone who may be gay, lesbian or bisexual. This can be in the form of vandalism or graffiti.

**Transphobic:** verbal, physical or emotional bullying of someone who maybe trans—someone who feels the gender they are given as a baby doesn't match the gender they feel themselves to be. This can be in the form of vandalism or graffiti.

### When is it Bullying?

**STOP - Several Times On Purpose**



### Who Can I Tell?

**STOP = Start Telling Other People.**

- ✓ A trusted adult - family member, Headteacher, Teachers, Mid-Day Staff, Office Staff or other trusted adults
- ✓ Trusted Strangers - Police Officers, PCSO's or your Doctor
- ✓ A friend or a member of the school's safety team
- ✓ Record your concern on the school Make a Noise TOOT TOOT system - [TOOT](#) and log in
- ✓ NSPCC ad Childline - 0800 1111

