



# **Dowson Primary Academy**

## **CHILD-LED ANTI-BULLYING POLICY**

November 2022

Review Cycle:  
Annually during  
anti-bullying week



WRITTEN BY YEAR 6 AND APPROVED BY SCHOOL COUNCIL 2019 REVIEWED BY  
PUPILS NOV 2020, 2021, 2022



**Dowson Primary Academy**

# OUR Anti-Bullying Policy

Originally by Year 6

November 2019

Reviewed by all pupils

November 2020, 2021, 2022



We have written our own Anti-Bullying Policy for children, parents and adults in school.

In November 2019, Year 6 took part in awareness raising lessons. We looked at the school's Behaviour Policy and made a child friendly version about bullying to help make sure our school is a happy place to be and if anyone is worried they know what to do.

We have 7 headings:

- Expectations
- What is Bullying?
- Our 3 Bs
- Feelings and impact
- Responsibilities
- The support needed
- Resolution – how can things be sorted out

### **Expectations**

Children are expected to be:

Friendly, reliable, welcoming, grateful, kind, helpful, respectful, supportive, good listeners, able to work well as a team and encourage each other.

They are expected to:

Follow the rules, let everyone join in, get along with everyone, treat others the way they want to be treated, try to sort minor issues themselves, tell an adult when it feels like a problem, share equally and take turns, expect good behaviour and have a positive attitude, be the best they can be, talk positively to others and themselves, respect all differences, backgrounds and personal journeys and smile at each other. We celebrate everyone's achievements and differences and show all our of PACT values at all times.

All our children are expected to be a friend not a bully and be an upstander not a bystander.



## **What is Bullying?**

Several

Times

On

Purpose

It is behaviour that is offensive, scary, cruel, upsetting, horrible and harmful both physically, verbally, mentally and emotionally.

Bullying includes being hurt by someone – physically, mentally or verbally - on purpose and several times.

It is when a person is targeted by one or more people and they seek that person out over time.

It might include being called names. It might be people talking about you lots of times behind your back.

It might include saying things in person or online, including sharing photos/videos or making negative comments.

It is when someone is being made to feel worthless, useless, scared or over-powered.

## **Our 3 Bs**

Many years ago, children in Year 6 invented the 3 Bs to help children decide if something really is bullying. They described behaviour towards each other as

Brilliant

Bothering

Bullying

Most of the time, the time we spend with our friends makes us happy - this is **Brilliant**.

Sometimes we have fallouts, disagreements, time apart or we might not be getting on together. Sometimes we want to play with other people, sometimes we might not mean to upset each other but it happens and we might not have realised or it might not be something we could have avoided. Sometimes



someone might say something that makes us feel upset. This is all part of life and helps us work out how to solve problems and learn to get along with lots of different people, even though at the time it might feel upsetting - this is **Bothering** behaviour.

“It was just a joke” response to an incident that has upset someone is not acceptable. Depending on what has been said or done, this might be classed as bullying or bothering.

Children who apologise without meaning it or just to get out of being in trouble should not carry on the poor behaviour towards others – this may result in a more serious consequence next time.

Apologies should always be sincere and mean it won't happen again.

Behaving towards someone in a certain way because you know they will react and get into trouble or they blow up and hurt others is not okay. (Usually this is called winding them up or pushing their buttons). This may be classed as bullying.

**Bullying** is described in the Bullying section - it certainly is not cool, it is not part of growing up, it is not ok and it will never be tolerated in our school.

Someone being hurt by accident is not part of the 3 Bs – it's just an accident.

Please refer to the “How we should treat each other” policy for further information.

### **What is unacceptable behaviour**

This list might not cover everything and will be added to if other things happen

- Fighting
- Swearing
- Calling people names (to their face, behind their backs or via social media)
- Hurting people
- Threatening
- Blackmail
- Making someone upset online or in person
- Leaving people out
- Spreading rumours, gossip or comments online and in person, with or without the child knowing



- Lying
- Ignoring people
- Comments that are racist, homophobic, sexist or against religious beliefs or disability
- Sexualised incidents, this includes comments about, touch or showing anywhere usually covered by our underwear
- Invading space or privacy in the toilets

Remember taking sides, joining in arguments or turning problems into bigger problems helps no-one and actually makes things worse.

### **Feelings and impact**

The impact of bullying can last a very long time and can affect lots of people but especially the person who is bullied. This is true for people's feelings on the inside.

**The bullied person might feel:** upset, scared, worthless, weak, embarrassed, isolated, alone, broken, insulted, sad, afraid to come to school, pushed over or depressed.

**The person bullying might feel:** powerful, lonely, ashamed, scared, sorry, embarrassed, can't stop in case they look silly, encouraged by others to carry on, like they have to be someone they are not, they might be afraid of being in trouble but they might also think this makes them look even bigger.

They might also feel like a horrible person, stuck in this way of behaving, they might be feeling hurt by others and so feel miserable, they might be trying to get other people's attention. They might feel like no-one likes them. They might be feeling jealous or not as good as others. Sometimes they might be pressured by others to bully. They may have lost control of their own feelings and so want to regain the control. They could be forced by others to bully.

Remember the bully might have lots of worries or issues to deal with that we do not know about. They might be being bullied themselves or been bullied before.

**The other children might feel:** shocked, sad, scared, concerned, worried, angry, confused and unsure of who to speak to or what to do to help. Sometimes children feel that they should join in so they don't get bullied themselves.



## **Responsibilities**

### **Pupils –**

Be a good friend and never bully

Don't listen to a bully

Help others

Keep yourself safe

Be brave and speak up and tell a teacher or someone at home if you or someone else is being bullied

Don't wait until you get home because school will be shut and your parents won't be able to sort it out before the next morning

Be an upstander and not a bystander

### **Teachers/Parents/Carers –**

Listen to children and deal with the problem quickly and calmly

### **School –**

Deliver lessons and awareness focus weeks during November and throughout the year on how to be a good friend, getting along and anti-bullying. Each class will review the policy during National Anti –Bullying Week and all children will be expected to sign the Anti-Bullying Pledge in their class.

## **The support needed**

We need adults to:

Recognise the signs of sadness and loneliness

Take care of children

Listen to children

Keep children safe online

Not get too upset - this can put children off telling you when something is wrong

Deal with things quietly without a big fuss



Not shout at the person bullying because something could be wrong with them too. Try to work out how they can be helped to feel better and be nicer to others

Support children who are bullied by making sure they have other friends around them and check how they are

Record reports of bullying in school

We need to:

Talk to adults

Make sure you include anyone who feels sad or alone

Give each other smiles and compliments – build each other up

Not shout at each other

Not wind up people who get angry quickly or upset others

Not make a big fuss or get lots of people involved

If someone has said something unkind online or in person and the child doesn't know – tell an adult not the child

Not get involved in the situation. This can make things worse - just let an adult know

### **Resolution – How things can be sorted out**

**Start**

**Telling**

**Other**

**People**

Speak up about it – tell someone in school if it's happening to you or someone else.

Adults need to keep talking and listening to the child who feels bullied, keep checking in on them

Never join in with bullying





Children who bully usually are wanting attention – so ignore them/what they are doing (but tell an adult)

Use kindness to sort things out

Help the person being bullied and if possible the person bullying to feel better about themselves

Help everyone to move on and feel good about themselves

Adults at school and home need to work together to help

Use more serious consequences if the bullying does not stop, like missing playtimes, being in another class or not being allowed in school.

We all have to work together to make sure our school is happy place and there is no way we will tolerate bullying.

This policy will be reviewed by pupils every November as part of our Anti-Bullying lessons, then shared in lessons and assemblies. All children will be expected to sign the Anti-Bullying Pledge.



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## How children should treat each other and our Anti- Bullying Pledge

We, the pupils of \_\_\_\_\_ class

have read the policies and agree to:

Use kind words, hands and feet

Treat others respectfully

Support each other and help each other feel happy and safe

Tell an adult if we or someone else is worried, hurt or upset or we think  
something is wrong

Try to include those who are left out

Refuse to watch, laugh or join in if someone is being bullied

Be an up-stander not a bystander