



Dowson Primary Academy

CHILD-LED – HOW CHILDREN SHOULD TREAT EACH OTHER AND ANTI-BULLYING POLICY

November 2025

Review Cycle: Annually during anti-bullying
week

Date Agreed by Local Governing Body:

Signed Principal:

Signed Chair of Governing Body:



Ashley, M



We have written our own "How Children Should Treat Other and Anti-Bullying" Policy.

In November 2019, Year 6 took part in awareness raising lessons. They 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.

In 2022 year 6 reviewed the school's Behaviour Policy and the child-led Anti-Bullying Policy and wrote this to explain how we are expected to behave towards each other and what might happen if we don't treat children in the right way. We want Dowson to be a happy and safe place to be and if anyone is worried they know what to do.

In 2025 we decided to put the two policies together.

We want others to understand that being respectful can boost your morale and improve your attitude towards your learning. When everyone feels respected, everyone feels happy and this makes it easier to learn.

We have 7 headings:

- Expectations
- The 3 Bs
- What is unacceptable
- Feelings and impact of unkind behaviour
- 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, to co-operate and work well as a team and to encourage each other.

They are expected to:

Follow the rules, let everyone join in, get along with everyone, treat others the way you want to be treated, tell an adult when there is a problem or try to sort it ourselves, share equally and take turns, expect good behaviour and have a positive attitude, be the best they can be, respect everyone's backgrounds and personal journeys, smile at each other. We celebrate and respect each other's achievements and differences.

We are all different and so understand the need to respect everyone regardless of gender, beliefs, age, race, religion or ability (these are called protected characteristics).

All children are expected to behave respectfully to all children and adults in school and to show all of our PACT values at all times.

All children are expected to be an up-stander, not a bystander.



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 not part of growing up and it certainly is not cool, it is not ok and it is not tolerated in our school and it never will be.

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

Bullying can snowball - it can start small then grow into something bigger over time.

What is Bullying?

Several

Times

On

Purpose



What is unacceptable

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

- Bullying
- 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 touching, looking at, showing or talking about anywhere usually covered by our underwear
- Invading space or privacy in the toilets
- Intentionally embarrassing to make someone feel small.
- Commenting on what people can or can't afford, what they wear or where they live etc.

Some of these behaviours might be referred to as "child on child abuse".

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



Some children might struggle with their emotions and self-control, sometimes teachers and children need to support them in different ways.

Feelings and impact

A child who has been treated badly by other child might feel:

- Worried something might happen again
- Angry that someone is being mean
- Disappointed that someone won't apologise
- Annoyed because they may feel they have wasted years of friendship over something silly
- Sad because they have lost a friend
- Scared that mean comments passed might be passed on
- On edge
- Stressed
- Let down
- Confused
- Embarrassed about what has happened
- They might also feel like everyone will fall out with them and they feel like they don't fit in

Children witnessing problems 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 to fit in.



Feelings and impact of bullying

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
- Help others
- Keep yourself safe
- Be brave and speak up and tell a teacher or someone at home if something is upsetting you or you feel unsafe
- If something happens at school, 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 throughout the year on how to be a good friend, getting along, and anti-bullying. This policy will be shared and reviewed every November in all classes (age appropriately) as part of activities in Anti-Bullying week.



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
- Don't get too upset, this can put children off telling you when something is wrong
- Deal with things quietly without a big fuss
- Don't shout at the person who has upset us, 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 upset, make sure they have other friends around them and check how they are
- Record reports of concerns in school
- Provide education/lessons to deal with problems

We need to:

- Talk to adults
- Make sure you include anyone who feels sad or alone
- Give each other smiles, hugs, compliments and reassurance - build each other up
- Don't shout at each other
- Don't wind up people who get angry quickly or upset others
- Don't make a big fuss or get lots of people involved
- Don't get yourself involved if it is nothing to do with you
- If someone has said something unkind online or in person and the child doesn't know - tell an adult not the child



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, keep checking in on them.
- Take some time and space to think
- Never join in with the upsetting behaviours or bring others into issues
- Tell the truth about what actually happened
- Children who upset others are sometimes wanting attention - so ignore them/what they are doing (but tell an adult)
- Use kindness to sort things out
- Apologise and forgive
- Don't bring up old arguments
- Help everyone 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
- Not get involved in the situation - this can make things worse - it's better just to let an adult know.



School will use consequences if it continues or if it is really serious. This might mean 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.

All children will be expected to sign the How Children Should Treat Each Other and Anti-Bullying Pledge as part of activities in Anti-Bullying week.



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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