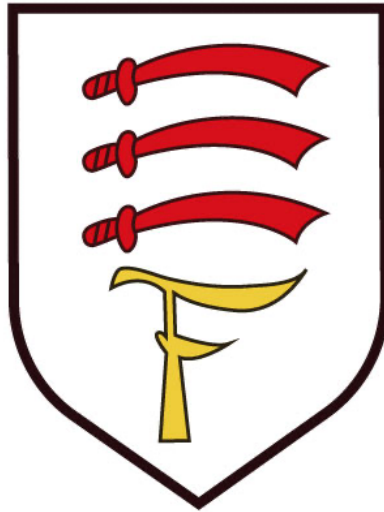


Feeling safe and happy at Fairholme Primary School



A child-friendly guide to our anti-bullying policy



Feeling safe and happy at school

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 you are upset or worried or if something bad is happening, so you need to tell us.

This guide helps you to understand what bullying is and what you can do if you think you are being bullied or if you notice someone else is being bullied.

We can help you by:

- teaching you about our school values, especially **respect** and **kindness**
- helping you understand what bullying is (and what it isn't)
- teaching you strategies to help you when you fall out with your friends (not bullying)
- helping you know what to do if you are worried, if you feel like you are being bullied, or if you are worried that someone else is being bullied
- making sure you know who you can speak to if you are worried

What is bullying?

Bullying takes place when someone tries to hurt another person on purpose and this is repeated again and again. Think of it as **STOP** which stands for:

Several
Times
On
Purpose

STOP can also
help to prevent
bullying:

Start
Telling
Other
People



A bully will hurt another person, often physically or emotionally, by using behaviour that is meant to **scare**, **hurt** or **upset** that person. Bullying behaviour might make you or someone else feel **embarrassed**, **uncomfortable**, **worried** or **distressed**. People can be bullied in many different ways:

Emotional bullying includes hurting someone's feelings, for example by leaving them out or bossing them about. People can sometimes use emotional bullying to take advantage of you to get their own way by making threats or making you feel like you have to do something for them.

Physical bullying can include hitting, kicking, shaking, biting, hair pulling or purposely hurting someone.

Verbal bullying can include insulting someone because of how they look or because of their personality, and can often go beyond that. People can also use verbal bullying to be racist, sexist or homophobic.

Racist bullying is unkind comments or behaviour towards someone because of their race, skin colour, the country they are from or the religion they believe in.

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

Sexist bullying is being rude or unkind to someone because of their gender; bullying someone because they are a boy or a girl would be sexist.

**STOP,
BLOCK,
AND
TELL AN
ADULT**

Cyberbullying includes any kind of bullying which takes place online; cyberbullies might send insulting text messages, make mean comments during gaming, exclude others from a group on purpose to be unkind or share secret information online to hurt someone's feelings.

Bullying is not always done by one person and can often involve a group of people against someone – if you ever see someone being bullied, never join in and always tell a teacher.

Bullying is not:

Bullying is not the same as falling out with friends once or twice, name calling, arguments or when the occasional 'joke' is played on someone. Children do sometimes fall out or say things because they are upset. When occasional problems of this kind arise, it is not classed as bullying.

Friendships and relationships

Any friendship or relationship you have should be **positive** and make you feel **safe, happy** and **comfortable**.



A **negative relationship** might make someone feel **scared, confused, worried** and even **unsafe**. It is really important that you know the difference between a positive relationship and a negative relationship.

Positive friendships and relationships

- You are comfortable around that person
- You can be honest with that person
- You can say how you feel and what you are thinking
- You listen to each other
- You support each other and treat each other well
- You feel safe
- You trust that person
- You do helpful things for each other
- You are never pressurised to do anything that makes you feel uncomfortable
- You feel looked after
- A good friendship will make you feel good and make you smile for a lot of the time



Negative relationships

- The person might push you, hit you or break your things
- The person might tell you what to do, what to wear or who you can see
- You might feel scared – the person might say they will hurt you if you don't do something
- The person might not take no for answer when you say you don't want to do something

- The person might make threats or do harmful things if you don't do what they say, or if you do something they did not want you to do
- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself
- The person gets angry easily and you don't know what will make them angry – it might make you feel nervous
- The person might pressure you to do things you don't want to do
- A negative relationship is likely to make you feel worried, upset, scared or uncomfortable most of the time



How do I know if someone is being bullied?

It might be hard for you to know if you are being bullied and you might not really understand it is happening. It is important you can recognise when behaviour is unkind or upsetting. It's also important that you can notice when someone else might be being bullied. Some signs might be:

- Not going to school
- Having injuries, like bruises
- Feeling sad, fed up or low in mood
- Feeling like they can't cope
- Feeling withdrawn or shy
- Getting headaches or stomach aches
- Feeling nervous
- Not being able to sleep or having nightmares
- Feeling panicky or anxious
- Often changing appearance, especially to try and look much older
- Being unkind to someone else

Remember: you can feel all of these things too. Listen to how you feel, and know that these signs could mean you are worried about something or are being bullied.

What can I do if I think someone else is being bullied?



If you think that someone is being bullied, it is important that you help that person. You should never walk away and ignore the problem if you see someone else being bullied or upset, because the unkind behaviour might continue.

If you can, and it is safe to do so, tell the bully to stop, but never get angry or hit them. Tell a safe adult that you trust, such as a teacher, as soon as you've seen someone being bullied. The adult can help to stop the bullying and give their support to the person who is being bullied.

You should never feel scared to tell someone about bullying.

Sometimes, you might not see someone being bullied, but you might be worried about them. You might think they are being bullied by someone you don't know, or someone they have

told you about. It's really important you tell someone even if you are worried, but haven't seen any bullying.

What can I do if I am being bullied?

The first thing you should do is tell someone you trust. This could be a family member, a friend or a teacher.

You can also tell the person bullying you to leave you alone. But if telling them to leave you alone would make you feel too scared or worried that they might hurt you, make sure you tell an adult or a friend so they can help.



You should try not to:

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

Always remember that if you are being bullied, it is not your fault, you are never alone and a safe adult will be able to help you.

Who can I talk to?

It is important you tell someone you trust as soon as possible if you are worried about something, if you think you are being bullied or if you think that someone else is being bullied. Speaking to someone like your parent, carer or teacher will mean that we can make sure the abuse stops and doesn't happen again.

People at our school that you could speak to:

- Your class teacher or another adult who works in your year group
- A teaching assistant
- A lunchtime adult
- Miss Bridger
- Miss Spencer
- Mrs Mwangi
- Mr Doyle
- Mrs Harris

What happens if the bullying carries on?

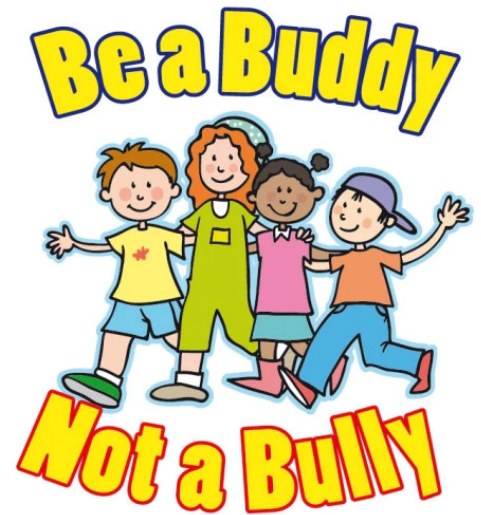
Safe and trusted adults will help to make sure the bullying stops. But sometimes, bullies can be secretive. They might warn you not to tell an adult, or they might try and make you believe that no one can help you. It is important to remember that this is not true. If someone carries on being unkind, you must tell an adult about it again.

Remember, **STOP** stands for **S**everal **T**imes **O**n **P**urpose and **S**tart **T**elling **O**ther **P**eople.

How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Remembering our school values – especially **kindness** and **respect**.
- Making sure we understand how we can behave respectfully and kindly towards others. It's good to remember that we should treat other people the way that we would like to be treated ourselves.
- Thinking about people's feelings before we say or do something.
- Helping others when they are upset.
- Talking to someone when we are worried.



How to stop bullying and keep our school a bully-free zone



If someone is mean to you, tell them how it makes you feel and tell them to stop. Or tell an adult in school.

The person should stop being mean and you should feel better.

If the same person or people are mean again on purpose then this is more serious. Tell a trusted adult at home or at school. Don't be unkind back because two wrongs don't make a right.

Put a worry in your class worry box or 'Talk to me' box if you prefer but put your name on it so that your teacher knows who to help.

Several Times On Purpose
Start Telling Other People

The unkindness should stop now.



If this unkindness happens again on purpose, it is now bullying. This won't be accepted in our school. Your teacher will talk to a senior member of staff or the Headteacher, who will take this seriously and will talk to you about what has happened. They will help to make sure it stops.

The bully's parents will be contacted by a senior member of staff.

STOP BULLYING