

What we want our school to be like:

At Hillside primary school we want everyone to feel valued and respected. We celebrate that we are all different and we are all proud of our differences. We want everyone to feel happy, safe and supported by other members of our community.

Be Kind

Be Safe

Be Brave

What is Bullying?

"Repeated, negative behaviour that is intended to make others feel upset, uncomfortable or unsafe."

At Hillside we use the following acronym to define bullying:

S T O P

S – SEVERAL T – TIMES O – ON P – PURPOSE

Types of Bullying:

V I P

Verbal bullying is the repeated, negative use of speech, sign language, or verbal gestures to intentionally hurt others.

Indirect bullying is the repeated, negative use of actions, which are neither physical nor verbal, to intentionally hurt others.

Physical bullying is the repeated, negative use of body contact to intentionally hurt others.

V

- using hurtful words
- discriminatory or offensive language
- swear words

I

- spreading rumours
- purposefully excluding another person
- damaging or stealing someone's property
- cyberbullying

P

- kicking
- punching
- slapping
- inappropriate touching
- spitting

Be an Upstander

'someone who recognises when something is wrong and acts to make it right'

If we experience bullying, or we see someone experiencing bullying we will tell someone we trust.

1. Tell an adult in school
2. Tell a friend we trust
3. Tell an adult at home
4. Write a note our class worry box
5. Call ChildLine at any time for free on 0800 1111.