



Southwold Primary
& Nursery School

"Be all you can be and together we will shine"

SOUTHWOLD PRIMARY AND NURSERY SCHOOL

Child Friendly Anti-bullying policy

Bullying happens.....

What to do.....

Several

Start

Times

Telling

On

Other

Purpose

People

Together we can **STOP** it!



What is Bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.



Bullying can be

Emotional: Hurting people's feelings,
leaving you out.



Physical: Punching, kicking,
spitting, hitting or pushing.



Verbal: Being teased, name calling.



Written: Letters, notes, graffiti.



Cyber: Saying unkind things by text,
e-mail and on the internet.





If you are bullied:

DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a peer.
- Talk to the Pupil Leadership Team.
- Get help.
- TELL SOMEONE.



DON'T:

- Do what they say.
- Get angry or look upset
- Hit them.
- Think it's your fault.
- Hide it.



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

- Don't walk away and ignore the bullying.
- Ask the person to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

Who can I tell?

- A friend
- A peer or a member of the Pupil Leadership Team
- A family member
- Any adult at school
- The Worry Box
- Any other Adult.

Everyone at Southwold School will work together to:

- Make our school a place where everyone can feel safe and happy.
- Help everyone to get along with each other because we believe that everyone has the right to be who they are.
- Always treat bullying seriously.

We promise to always treat bullying seriously