

St Mary's Broughton Gifford Anti-Bullying Policy for Children



At St Mary's we want bullying to **STOP!**

What is bullying?



Several
Times
On
Purpose

What can we do if
bullying is happening?



Start
Telling
Other
People!

What is bullying?

Bullying when a person or group **REPEATEDLY** says or does something to hurt me or someone else **ON PURPOSE**.



Several

Times

On

Purpose

When someone says or does something **UNINTENTIONALLY** hurtful and they do it **ONCE**...



...that's **THOUGHTLESS/CARELESS** and that person should apologise and try to be more careful.

When someone says or does something **INTENTIONALLY** hurtful and they do it **ONCE**...



...that's **MEAN** and that person should apologise and think about how they've hurt/upset someone

When someone says or does something **INTENTIONALLY (ON PURPOSE)** hurtful and they **KEEP DOING IT (REPEATEDLY)** – even when you tell them to stop or show them that you're upset...



...that's **BULLYING** and it should **STOP!**

Types of bullying

Bullying is behaviour that hurts someone else, it can be **physical, verbal, emotional, online/cyber** or even **silent**. Bullying can include:



Physical: pushing, poking, kicking, hitting, biting, pinching, unwanted physical contact, inappropriate touching etc

Verbal: name calling, sarcasm, spreading rumours, threats, teasing, belittling etc



Emotional: isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion etc

Online/Cyber: posting on social media, sharing photos, sending nasty text messages, social exclusion



Silent: excluding someone on purpose, making nasty faces at someone, ignoring someone to be unkind, freezing a person out, telling others not to talk or play with a person, spreading rumours or gossip about a person, doing nothing to stop it happening to someone else

Whatever form bullying takes, it is never okay and should always **STOP!**

What can we do if bullying is happening?

If you are being bullied or you know someone else is being bullied, you can **STOP** it if you:



Start

Telling

Other

People!

If you are being bullied you can:

- Tell a **Trusted Adult**
- Tell the person to stop
- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away; don't hurt them back or do what they tell you to do

If you see someone else being bullied, you can help that person by:

- Tell a **Trusted Adult**
- If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them Help that person
- You should **never walk away** or **ignore** it

Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.



Who can I talk to?

If bullying is happening, you can help it stop by talking to a **Trusted Adult** and they will always help! **Trusted Adults** include:

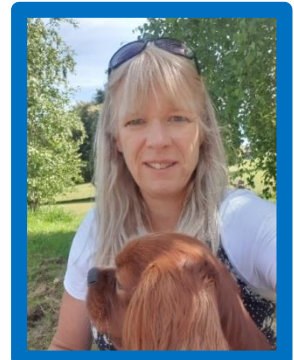
St Mary's Safeguarding Leads:



Mr Laws (DSL)



Mrs Hembury (DDSL)



Mrs Brindley (DDSL)

All Staff:

Teachers

TAs

MDSAs

Admin

We are always here for you if you have any worries or concerns

Other **Trusted Adults** might also be:

- Any member of staff at school
 - Your parents
 - Your grandparents
 - A family member
 - A neighbour
- Childline (0800 1111)
- National Bullying Helpline (0300 323 0169)

Remember...we listen...we support...we take action!

How do we make sure bullying
never happens at St Mary's?

At St Mary's, all adults and children will be expected to show the
School Christian Values of:

Respect, Courage, Friendship, Perseverance, Forgiveness

This is known as:

#TheStMary'sWay

Our Teachers and TAs also help us to learn how to be safe and happy
by:

- **Always listening to us** when we have worries/concerns
- Learning about our **School Christian Values** in worship
 - Taking part in **circle time** and having **PSHE** lessons
- Having themed assemblies/weeks such as **Anti-Bullying Week**,
NSPCC Speak Out, **Stay Safe** assemblies, and assemblies to
learn about what bullying is and what is/isn't okay
 - Having class **Worry Boxes** to share our worries
- Showing us how to follow the **school rules** and helping us learn
from our mistakes

