

Bullying is a type of peer-on-peer abuse. It includes:

- Emotional bullying – hurting someone's feelings, leaving them out or bossing them about
- Physical bullying – punching, kicking, spitting, hitting or pushing someone
- Verbal bullying – teasing someone, calling them names or using hand signs
- Racist bullying – bullying someone because of their skin colour, race or what they believe in
- Homophobic bullying – bullying someone because of their gender or sexuality
- Sexist bullying – bullying someone because of their sex (whether they are a boy or a girl)
- Cyber bullying – bullying via the internet or by text message
- Bullying through another person – where one person sends another person to say or do nasty things.



Bullying

Bullying is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt or upset** that person.



At our school, we use the word **STOP** to identify bullying:

Several Times On Purpose

It is important to remember that **single problems and falling out with friends are not bullying.**

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

What do I do?

If you are being bullied, or you see someone else being bullied, the first thing you should do is tell the bully to **stop**. Remember, it is **not your fault** and you are **never alone**.

If you think that you, or someone you know is being bullied, tell someone you trust – this could be a family member, friend or teacher. Grown-ups can stop the bullying and help to make you, or the person being bullied, to feel happy again.

If you're worried, remember that you can speak to Mrs Stevens or Mrs Hodgson or telephone Childline on: 0800 1111

Bullying is never okay and it is serious. It is not funny, or a part of growing up. If you bully someone, there will be consequences to your actions.

How can we stop bullying from happening?

We can all help to prevent bullying from happening at our school by:

- Making sure we remember our Take Care pledge and Christian Values
- Helping other when they are in need
- Being kind, friendly and respectful to others
- Thinking about people's feelings before we say or do something
- Taking part in HeartSmart lessons and eSafety in Computing
- Remembering the information that we learn about during Anti-Bullying Week

Emily (Y6) and Evalyn (Y5) are our Pupil Parliament Ministers for Anti-Bullying

