



Hounsomes Fields Primary School

Child Friendly Anti-Bullying Policy

A piece of paper explaining what we think about bullying



<p>Feeling safe and happy at school</p> <p>At Hounsomes Fields Primary School, we want to make sure that you feel safe and happy when you are in and out of school.</p> <p>Sometimes we don't know if something bad is happening, so you need to tell us.</p> <p>We can help when you feel you are being bullied, or when you notice someone else being bullied.</p> <p>We can help you by:</p> <ul style="list-style-type: none"> • Helping you to know what bullying is. • Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied. • Telling you names of grown-ups that you can speak to. 	<p>What is bullying?</p> <p>Bullying is hurting another person more than once, using behaviour which is meant to scare, hurt or upset that person.</p> <p>At our school, we use the word 'STOP' to identify bullying:</p> <p>Several Times On Purpose</p> <p>It is important to remember falling out with friends is not bullying.</p>	<p>Types of bullying</p> <p>Bullying can be different things, and isn't just hitting or kicking another person.</p> <ul style="list-style-type: none"> • Emotional bullying is hurting someone's feelings, leaving them out or bossing them about. • Physical bullying is punching, kicking, spitting, hitting or pushing someone. • Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic. • Racist means bullying someone because of their skin colour, race or what they believe in. • Homophobic means bullying someone because of their gender or sexuality. • Sexist means bullying someone because they are a boy or a girl. • Cyber bullying involves sending horrid messages over the internet or by text message. • Bullying can be done through another person, by one person sending another person to say nasty things.
<p>What should I do if I am being bullied?</p> <p>If you are being bullied, the first thing you should do is tell them to STOP.</p> <p>You can also:</p> <ul style="list-style-type: none"> • Make eye contact and tell them to leave you alone. Ignore the them and walk away. • Tell a grown-up, such as your parent, carer or teacher. <p>You should try not to:</p> <ul style="list-style-type: none"> • Do what they say. • Let what they say or do upset you. • Get angry or hit them. <p>Always remember that if you are being bullied, it is not your fault and you are never alone. You should never be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying STOP.</p>	<p>What should I do if I see someone else being bullied?</p> <p>If you see someone else being bullied, it is important that you help that person.</p> <p>You should never walk away and ignore the bullying if you see someone else being bullied, because they will keep on upsetting that person.</p> <p>If you can, and it is safe, tell them to stop, but never get angry or hit them.</p> <p>Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.</p> <p>Grown-ups can stop the bullying and make that person feel happy again. You should never feel scared to tell someone about bullying.</p>	<p>How can I help stop bullying from happening?</p> <p>We can all help stop bullying at our school by:</p> <ul style="list-style-type: none"> • Making sure we keep to the rules in this policy. • Helping others when they are in need. • Being kind, friendly and respectful to others. • Thinking about people's feelings before we say or do something. • It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied. <p>Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the bullying stops and doesn't happen again.</p> <p>At school, you can speak to any adult, especially your class teacher or Mr Carter</p>