

# Antingham & Southrepps Primary School and Nursery

## Anti-Bullying Policy

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### Feeling Safe and Happy at School

At Antingham & Southrepps Primary School and Nursery, we want to make sure that you feel looked after, safe and happy when you are at school – during lessons, at break and lunch and when we are out and about. It is only when you feel safe and happy that you can learn at your absolute best.

If you are feeling unhappy or upset or you know someone feeling like this, you need to tell us so that we know and can help you.

### What is bullying?

Sometimes you might feel unhappy or upset because you are being bullied. It is important to know what is and what is not bullying.

Bullying behaviour which is **repeated** on purpose and is meant to **upset** someone. A bully 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:

**S**everal

**T**imes

**O**n

**P**urpose

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

## What should I do if I think I am being bullied?

If you think you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up you trust.

You should try not to:

- Do what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** and hit them.

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

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.

## What will happen if I tell an adult that I think I am being bullied?

We will investigate what is happening by talking to you and the other people involved.

We will try to resolve what has happened so that it doesn't happen again.

We will put in place any strategies or sanctions required to help to solve the problem.

We will give you advice about what to do in the future and reassure you that if there are any further problems, we will listen to you.

We will make sure that all adults in the school are aware, so they know what has been happening.

We will involve parents if we feel we need to.

We will keep a record of what has happened in case something happens again.

## What should I do if I know someone else is being bullied?

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

It is not ok to watch bullying happen without doing something about it; that is almost as bad as being the bully.

If you can, and it is safe, tell the bully to stop, but never get angry or hit them.

**Tell the person who is being bullied** that they are not alone and that you will help them.

**Tell a grown-up** you trust, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

## Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

**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.

**Racist bullying** means bullying someone because of their skin colour, race or what they believe in.

**Homophobic bullying** means bullying someone because of their gender or sexuality.

**Sexist bullying** means bullying someone because of their sex (whether they are a boy or a girl).

**Cyber bullying** involves sending horrid messages over the internet or mobile phone.

Bullying can be done through **another person**, by one person sending another person to say nasty things.

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **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.
- Taking part in **class talk and anti-bullying week**.