



## Kington St. Michael CE Primary School

### Anti-Bullying Policy

#### **Aims**

To help all children to understand what bullying is, how to recognise it and how to stop it.

#### **What is bullying?**

Bullying is when someone is unkind or hurtful to another person for a long time. It is planned, regular and often.

Bullying is deliberate and the bully means to hurt or upset the other person.

Bullying can be done by one person or a group of people.

Bullying may be physical, spoken or not spoken.

Bullying is NOT an argument or fight that happens only once, or a friend being nasty.

#### **Why do people bully?**

People who are happy with themselves do not need to bully other people.

Children bully because:

- They want to be 'in' with the cool gang
- It feels like fun - they don't see how much it hurts the other person
- They are jealous of the person
- It makes them feel big and powerful
- It gets them what they want (sweets, money)
- They are being bullied themselves and are taking it out on someone else
- They are having problems in their life and they feel bad.

Someone is being bullied if they are:

- Being called names or having something rude said to them.
- Being teased.
- Being pushed or pulled about.
- Being hit or attacked.
- Having rumours spread about them.
- Being ignored and left out.
- Being forced to hand over money or things that belong to them.
- Being attacked because of the colour of their skin or their religion (what they believe in).

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## **Tell Tale Signs**

Children who are being bullied may:

- Be frightened, sad or upset.
- Not want to go to school or feel ill every morning.
- Begin doing poorly at school.
- Have clothes or belongings go missing or destroyed quite often.
- Cry when left alone.
- Have unexplained cuts and bruises.
- Ask for money or begin stealing (to give to the bully).
- Become depressed and worried and may stop eating.
- Have bad dreams or nightmares.
- Begin to bully other children.
- Be on their own a lot.

## **How to Stop Bullying**

**The most important thing to do if you are being bullied is to TELL.**

It is brave and the right thing to do.

- Tell a grown-up that you trust (mum, dad, teacher, teaching assistant, best friend)
- Talk to the bully about how they are making you feel
- Talk to someone about things you could do to stop the bullying.

## **What will the school do if you are being bullied?**

- You will be taken seriously and the problem will be looked into carefully.
- Bullies, people they bully and any witnesses will be spoken to on their own so that all sides of the story are heard.
- If the problem has only happened once, the person being unkind will have a punishment
- If the problem seems to be happening regularly and is seen as bullying, the bully's parents and the parents of the person being bullied will be told.
- Lots of different things will be tried so that the bully stops
- If none of these things work and the bully does not stop, they will be excluded from school
- The school will try to help the bully and the person being bullied:
  - For the bully:
    - We will talk to the bully and try to find out why they are bullying another child
    - We will watch the bully to see if they are still bullying others.
  - We will try to help the bully and sort out their problems

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For the person being bullied:

- We will protect you from the bully, e.g. asking staff to watch out for you, keeping the bully in at playtime and lunchtime.
- Show you ways of helping yourself and how to stop being bullied

### **Saying No**

- Through assertiveness training and role-play the children should be given opportunities to practise saying **"NO"**.

### **Broken Record**

- Answer clearly and strongly with the same sentence three times, rather than entering into an argument with the bully, i.e. **"I do not give my pocket money away"**. After saying the same thing three times, walk away.

### **Fogging**

- If the hurtful remark is true respond **"that's right"**, if it is wrong respond **"you could be right"**, or **"it's possible"**.

Policy written by the School Council - November 2008

Reviewed Date - November 2010

Signed