



Scarcliffe



Primary School

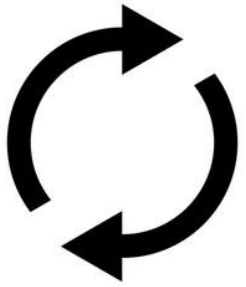


Child Friendly Anti-Bullying Policy.



What is bullying?

To be classed as bullying behaviour, all the following things will be happening.



R: Repeated

Repeated means when they are doing something over and over again.



N: Negative

Negative means when someone is not being kind and not being good (it is the opposite of positive).



In: Intentional

When someone does something on purpose.



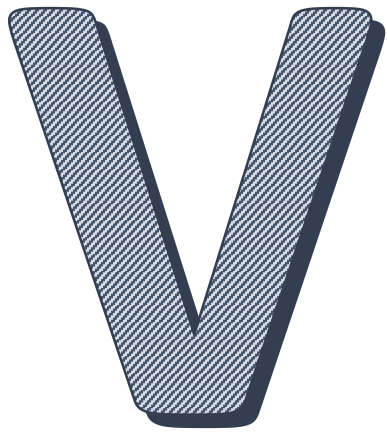
Un: Uncomfortable

Uncomfortable means when someone isn't comfortable around the area.



V.I.P.

What are the different types of bullying behaviours?



V (Verbal)

Verbal is one type of bullying which stands for repeatedly saying something mean or rude to upset someone.

Some examples of this are name calling, swearing, teasing people, bullying people for the way they look and being racist.



I (Indirect)

Indirect is another of the types of bullying behaviour which is repeatedly using actions behind someone's back (or online) to upset them.

Some examples of this are cyber bullying, spreading rumours, talking behind people's backs, stealing things from others and excluding people from games and activities.



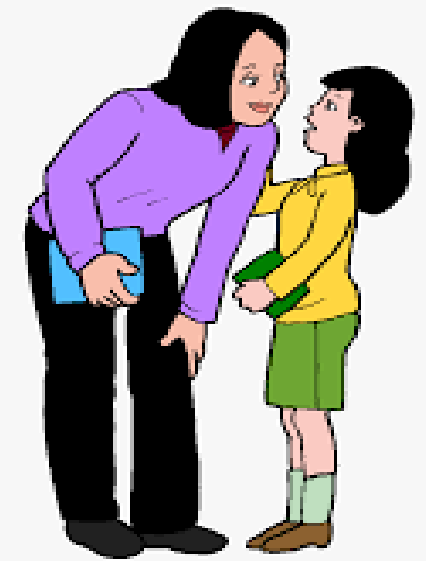
P (Physical)

Physical is when somebody repeatedly uses body contact to upset, hurt somebody or humiliate them.

Some types of physical bullying behaviour are pushing, punching, kicking, hitting, spiting or even headbutting, poking and tripping people up or throwing things at them.

What to do if you think you are being bullied.

- Firstly, if you feel confident enough, you could ask them to stop and make sure they know what they are doing is upsetting or hurting you.
- It is important to **tell** someone!



You can tell lots of different people in lots of different ways at our school:

1. Tell a trusted adult – this could be any member of staff in school or an adult you trust at home.
2. Tell an anti bullying ambassador. You could use the worry box to do this. Worries will be collected by the Anti-bullying ambassadors who know how to help you.
3. Another option is using Bubble Time.
4. For the last thing you could tell the NSPCC. The NSPCC is a charity that can help. 0800 11 11

What will happen if you report bullying

If you report a bully we will:

S - say thank you,

A - ask what has been happening

D – Ask what you want to do.





What to do if you think you see bullying?

If you think you see bullying, you should first of all check that the person that is being bullied is ok. If you don't feel confident enough to do that, tell a trusted adult or a teacher.



Bystander
A bystander is someone who sees another person being bullied but does nothing about it.

Upstander
A upstander is someone who sees another person being bullied and does something about it.

REMEMBER TO BE AN UPSTANDER AND BE A HERO!!!

TOP TIPS about bullying

How might you feel if you are bullied?

- Do not retaliate
- Tell someone
- Be an upstander
- Don't be a bystander



Colouring sheet

Doodle Art Alley ©

This is a

Billy: friend

Zoo