

# What you need to do.



If you are being bullied, or you see someone else being bullied, it is wrong. You need to tell an adult. This can be either someone in school or someone at home. You need to know the names of two trusted adults in school. These are people you know you can talk to if you are worried. This could be your class teacher, another adult you work with, someone on lunch duty or even Mr Hoye.

**My two trusted adults are:**

1. \_\_\_\_\_ 2. \_\_\_\_\_

# What school will do.

We promise to take it seriously. Bullying is unacceptable.

Bullying isn't something that happens once. It's something that happens again and again.

The class teacher of the victim will set up a system of carefully recording any incidents (no matter how small) to see if a pattern emerges.

- A. Bullying is unacceptable and must stop.
- B. Any sanctions will be in accordance with the school behaviour policy.
- C. Everything that has happened is carefully recorded.
- D. The class teacher of the victim will keep a check for a minimum of 4 weeks to make sure there is no reoccurrence.
- E. If there are any recurrences then parents will be informed.



For more help and advice:

ChildLine  
0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

unicef

<http://www.unicef.org/crc>



[www.stopbullying.gov](http://www.stopbullying.gov)



ST JOHN'S CE VC PRIMARY SCHOOL

working and learning together to achieve our best

# The Antibullying Policy



Let's Bulldoze  
Bullying!

Nobody  
should have  
to suffer in  
silence!

STOP  
BULLYING  
SPEAK  
UP



## What is bullying ?

All children have the right to feel safe (article 19) and have an education (article 28). Bullies are people who continuously take away that right. In this booklet you will find out about what bullying is, what it isn't and how to stop it.

A bully is someone who tries to hurt people by...

## Verbal



- Teasing
- Name-calling
- Taunting
- Goading
- Threats
- Saying something you know will upset someone.
- Saying something racist, disablist or homophobic

## Physical



- Hitting, pinching or kicking.
- Tripping someone.
- Pushing someone.
- Taking someone's things.
- Breaking someone else's things.
- Blocking someone deliberately.
- Making mean gestures.
- Giving someone a mean look or threatening stare.

## Emotional



- Leaving someone out on purpose.
- Telling other children not to be friends with someone.
- Spreading rumours about someone.
- Embarrassing someone.

## Cyber

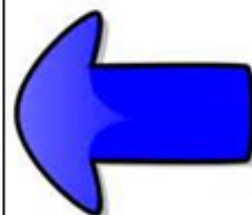


- Uses technology to verbally or emotionally bully someone.
- This could happen through text messages, social networking sites or gaming platforms.

The bully will hurt the person over and over and over...  
It will be deliberate and aggressive.

# What isn't bullying?

As you grow up you will argue and fall out with your friends. This is normal! When you get cross you may say or do something that's mean. Maybe something on the other page.



Don't worry! This isn't bullying.  
Remember bullying is something that happens AGAIN and AGAIN and AGAIN.

## What do I do if anything like that happens to me?



### Tell an trusted adult.

Your teacher will deal with the problem and hopefully it will stop.

If it keeps on going then you need to tell an adult. If it's happening a lot then this may be bullying. Turn over to the back page to see what to do if you think you are being bullied.