

ROCK FERRY PRIMARY SCHOOL
ANTI-BULLYING ADVICE FOR PUPILS



This Anti Bullying guidance has been created by our elected
School Council, September 2019

What is Bullying?

We have agreed that bullying is: **Any unkind behaviour that is usually repeated over time. The behaviour is done on purpose. It can make you feel uncomfortable, unsafe and unhappy. Bullying is wrong and it gets in your head.**

Types of bullying:

There are lots of different types of bullying, here are some common types:-

Verbal – Skitting at people, name-calling, threatening someone, racism, homophobia (e.g. calling a person gay or lesbian as an insult). Being sworn at is unpleasant and can also offend people.

Physical – Punching, kicking, hair pulling, knocking people over, shoulder barging, biting and throwing things at someone.

Indirect – Unkind gossip, peer pressure, “bad eyes”, telling lies about a person, leaving someone out, turning other friends against you.

We agreed that indirect bullying was very difficult to prove so we must always be kind.

Cyber Bullying

It is ‘easy’ to do because you don’t have to do it face-to-face. It could be posting nasty comments, liking comments, chain messages, swearing or being hurtful when gaming, videos being posted without permission, threats and leaving people out of a group or message. Cyber bullying can be very dangerous and can also be against the law.

How can bullying make a person feel?

Sad - Worried - Nervous - Unloved
Anxious - Betrayed - Shy - Disrespected
Unwelcome - Angry - Worthless
Frustrated

Go hot/red

Stop smiling

Stop sleeping

cry a lot

Butterflies
races

Heart

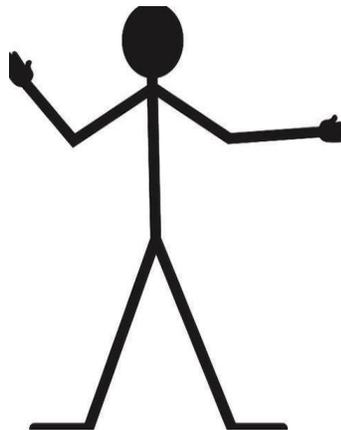
Feeling sick
Scared

Knees shake

You believe what they say

Not wanting to come to school

**Bullying can affect your self-esteem; you might feel like you deserve to be
bullied by others**



Instead feel like this:

Happy

Focussed

Valued

Enjoying learning

Socialising

Friendly

Tingly

Refreshed

Committed

Ready to learn

Lively

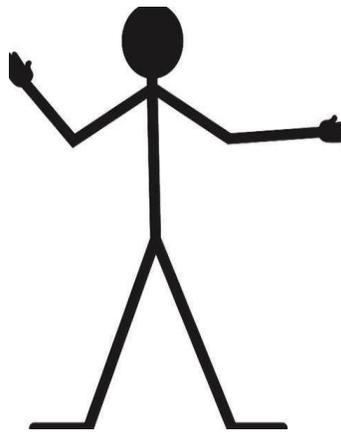
Positive

Comfortable

Safe

Enthusiastic

Clear Head
Giggly



Knowing how much you are worth

What should I do if I feel bullied in or out of school?

- I should talk to a person I trust – never stay silent
- Know that it is not my fault – it is the person who is bullying me that is wrong
- Be with people who are kind, friendly and fun to be around
- Do things that make me feel good about myself

What will happen when I tell school?

- School will keep a close eye on you and challenge any bullying behaviour
- You may be asked to go and speak to someone about how you feel
- You may be given support to help you feel good again
- The bullying will stop
- The school have evidence of bullying, the person who is bullying you will have consequences and they will be asked to apologise by a letter or picture
- you will be given a peer mentor

Message from our Headteacher

In Rock Ferry Primary School, everything we do is based on our Core Values of:

“Be Kind, Be Safe, Work Hard and Never Give Up”

We expect all our pupils, staff and parents to follow this Code of Conduct and I know that if we do this, we will ensure that Rock Ferry Primary School continues to be a happy and safe school that we can all be proud of.

By signing this agreement, you are promising to accept and live by these values, every day you are a member of “Team Rock Ferry”.

Welcome to our Family!

Ms Radley

Anti-Bullying Agreement

To help stop any bullying in my school I have agreed to:

- talk to an adult I trust if I am feeling bullied or see anyone else being bullied
- stop before I act
- be kind, be safe and be respectful to everyone
- not join in if others are being mean
- not use violence to solve problems
- be a person who is responsible, kind and caring

Signed.....

Date.....