



# South Camberley Primary and Nursery School



## Child Friendly Anti-Bullying Policy

<p><b>Feeling safe and happy at school</b></p> <p>At South Camberley Primary and Nursery School, we want to make sure that you feel safe and happy when you are in and out of school.</p> <p>Sometimes we don't know if something bad is happening, so you need to tell us.</p> <p>This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.</p> <p><b>We can help you by:</b></p> <ul style="list-style-type: none"> <li>• <b>Helping you to know what bullying is.</b></li> <li>• <b>Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.</b></li> <li>• <b>Telling you names of grown-ups that you can speak to.</b></li> </ul>	<p><b>What is bullying?</b></p> <p>A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.</p> <p>At our school, we use the word 'STOP' to identify bullying:</p> <p><b>S</b>everal <b>T</b>imes <b>O</b>n <b>P</b>urpose</p> <p>It is important to remember that single problems and falling out with friends are not bullying.</p> <p>Bullying is behaviour which is repeated on purpose and is meant to upset someone.</p>	<p><b>Types of bullying</b></p> <p>Bullying can be different things, and isn't just hitting or kicking another person.</p> <ul style="list-style-type: none"> <li>• <b>Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.</b></li> <li>• <b>Physical bullying is punching, kicking, spitting, hitting or pushing someone.</b></li> <li>• <b>Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.</b></li> <li>• <b>Racist means bullying someone because of their skin colour, race or what they believe in.</b></li> <li>• <b>Homophobic means bullying someone because of their gender or sexuality.</b></li> <li>• <b>Sexist means bullying someone because they are a boy or a girl.</b></li> <li>• <b>Cyber bullying involves sending horrid messages over the internet or by text message.</b></li> </ul> <p>Bullying can also be done through another person or by one person sending another person to say nasty things.</p>
<p><b>What should I do if I am being bullied?</b></p> <p>If you are being bullied, the first thing you should do is tell the bully to <b>STOP</b>.</p> <p>You can also:</p> <ul style="list-style-type: none"> <li>• Make eye contact and tell the bully to leave you alone. Ignore the bully and walk away.</li> <li>• Tell a grown-up, such as your parent, carer or teacher.</li> </ul> <p>You should try <b>not</b> to:</p> <ul style="list-style-type: none"> <li>• Do what the bully says.</li> <li>• Let what the bully says or does upset you.</li> <li>• Get angry or hit them.</li> </ul> <p>Always remember that if you are being bullied, it is not your fault and you are never alone. You <b>should never be scared</b> to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop.</p>	<p><b>What should I do if I see someone else being bullied?</b></p> <p>If you see someone else being bullied, it is <b>important</b> that you help that person.</p> <p>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.</p> <p>If you can, and it is safe, tell the bully to stop, but never get angry or hit them.</p> <p>Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.</p> <p>Grown-ups can stop the bullying and make that person feel happy again. You should <b>never feel scared</b> to tell someone about bullying.</p>	<p><b>How can I help stop bullying from happening?</b></p> <p>We can all help stop bullying at our school by:</p> <ul style="list-style-type: none"> <li>• Making sure we keep to the rules in this policy.</li> <li>• <b>Helping</b> others when they are in need.</li> <li>• Being <b>kind, friendly</b> and <b>respectful</b> to others.</li> <li>• Thinking about people's <b>feelings</b> before we say or do something.</li> <li>• It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied.</li> </ul> <p>Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the bullying stops and doesn't happen again.</p> <p>At school, you can speak to any adult, especially your class teacher or Mrs Brady.</p>