

Child Friendly Anti-Bullying Policy

What is bullying?

Bullying is when someone is being hurt by words or actions on purpose, more than once, feels frightened, worried, bad or upset and has a difficult time stopping it happening to them.

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting, hitting, pushing.

Verbal: Being teased, name-calling.

Written: Letters, notes, graffiti.

Cyber: Saying unkind things by text, email and on the internet.

Homophobic: Verbal, physical or emotional bullying of someone who may be gay, lesbian or bisexual.

Transphobic: Verbal, physical or emotional bullying of someone who may be trans – someone who feels the gender they are given as a baby doesn't match the gender they feel themselves to be.

Sexist: Bullying because of someone's gender, making them feel bad or not equal.



What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying
- Ask the person to stop if it is safe to do so
- Don't stay silent or the bullying will keep happening



What should I do if I am being bullied?

DO:

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Get help
- **TELL SOMEONE**



DON'T:

- Do what they say
- Get angry or look upset
- Retaliate
- Think it's your fault
- Hide it



Who can I tell?

- Someone you trust
- A friend
- A buddy / play leader
- A family member
- Any adult in school (Headteacher, teacher, teaching assistant, midday assistant, any other adults)
- Trusted strangers (PCSO, police officers)
- NSPCC and Childline (08001111)
- The worry boxes

Most importantly, if you feel that you are being bullied...

Start Telling Other People

Several
Times
On
Purpose



Start
Telling
Other
People

Everyone at Great Sankey Primary is part of a team. Teams work together to look after one another. Our school is a safe, happy place and it is everyone's responsibility to help each other. We will always treat any bullying very seriously as it is unacceptable and not welcome in our school.

Great Sankey Primary School

'Together We Learn and Grow'