

ANTI-BULLYING POLICY

written by our school Anti-Bullying Team 2020-21



WHAT SHOULD I DO IF I'M BEING BULLIED?

Start Telling Other People

DO:

- Ask them to STOP - if you can.
- Ignore them.
- Walk away
- Act as if you don't care what they say or do.
- Tell someone you trust: a friend or an adult.
- Remember it is not your fault.

DON'T:

- Say anything mean to the bully.
- Call the bully names.
- Hit, kick or punch.
- Hide it.
- Think it's your fault.

WHAT IS BULLYING?

"Bullying is when someone is mean to you, physically, mentally or online and it happens repetitively or every day."

Year 6 child.





**"We want no bullying at Seaburn Dene, like no kicking, hitting or name calling."
Year 2 child.**

HOW TO SPOT BULLYING

By our Anti-Bullying Team

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

- Tell an adult straight away. We are a telling school.
- Tell the bully to STOP, if it is safe to do so. Don't get involved or you might get hurt or end up in trouble yourself.
- Comfort the person who has been the victim and tell them that it wasn't their fault.

Several Times On Purpose

What is bullying?

- Emotional: hurting your feelings, leaving you out, being bossed about.
- Physical: Punching, kicking, spitting, hitting, pushing.
- Verbal: Being teased, name calling.
- Cyber: Saying unkind things online or by text.

BULLYING IS NOT:

- Falling out with a friend.
- An accident.
- Something that happens once.
- A one off physical act: pushing someone.





#ANTIBULLYINGWEEK

"We want happy kids
and a bully free school."
Year 2 child.



HOW TO STOP BULLYING AND HELP

By our Anti-Bullying Team

We will all work together to S.T.O.P. bullying?

We want everyone to feel safe and happy. Bullying can make people feel frightened and unhappy.

To deal with bullying, we will help everyone:

- Get on well together.
- Respect and understand each other.
- To believe that everyone has the right to be who they are.

Several Times On Purpose

Who can I tell when I need a Helping Hand?

We will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or consequences and will talk to parents. Hopefully the bully will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so you can feel safe and happy at Seaburn Dene. Your teacher will check with you that things have been ok.



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