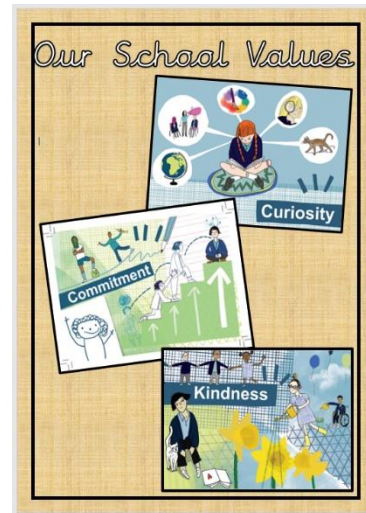
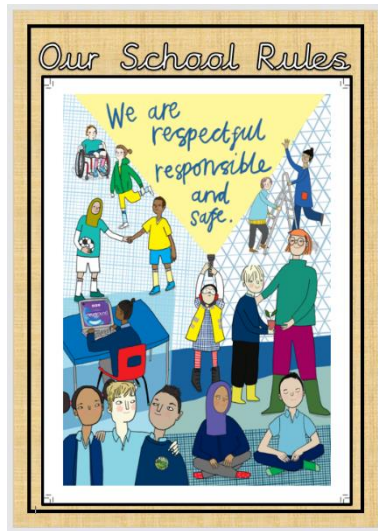


St Werburgh's Anti-Bullying Policy

(written by our Rights Respecting leaders)

It is important that we feel safe in our school and that we are respectful and responsible towards ourselves and others. This policy is about what you can do when you feel you are being bullied or when you notice someone else being bullied.



What is Bullying?

"Bullying is using unkind words, being mean and hurting other people's feelings more than just one time. It can hurt you on the inside and the outside and is done repeatedly and continuously over a long period of time. In our school, we have the right to feel happy and safe and will not tolerate bullies."

Types of Bullying Behaviour

We know that there are different types of bullying, such as:

Physical- punching, kicking, hitting or pushing someone. Touching someone without their consent.

Emotional- hurting someone's feelings, ignoring or excluding them.

Verbal- teasing someone, calling them names or using unkind words.

Online- sending hurtful messages or photos on a phone, tablet or computer to someone or about someone.

Discrimination- using homophobic, transphobic, disablist or racist language or anything that is against our protected characteristics.

Why does bullying happen?

Although bullying does not happen very much at our school we know that it can and we want to be ready and prepared to deal with it.

Sometimes children bully others because they do not feel very good about themselves and sometimes they don't understand that their behavior is affecting others. If bullying happens in our school we work with all the children involved to find out more and help.

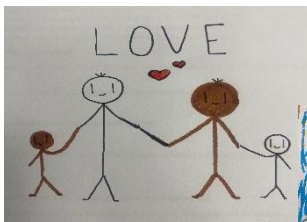
What should I do if I am being bullied?

Have the courage to act!

Tell a trusted adult: teachers/ grown-ups at home/ lunch-time staff.

Remember that it is not your fault.

Use the locked letterbox in Acorn and Lavender room, a member of staff will read it and come and talk to you.



Remember, not to...

Fight back or retaliate

Do what the bully says

Get Be a bystander- take responsibility if you see something.

Keep it a secret

Always remember that if you are being bullied it is not your fault and you are not alone.

NSPCC

<https://www.nspcc.org.uk/>

0808 800 5000

NSPCC and Childline can help if you are experiencing bullying.

CHILDLINE

<https://www.childline.org.uk/>

0800 1111