



# St Patrick's R.C. Primary School

## Child Friendly Anti-Bullying Policy

***We come to a Roman Catholic School and so believe that Jesus was born, died and rose again for everyone. We aim to help, encourage and show God's way to our families and friends, making sure that our Catholic traditions and faith are kept alive. Each year at school, we learn a little bit more about our faith so that we can grow to love God and each other more.***

Everyone in our school wants to keep all children safe. We think this policy helps everyone to do this.



In our school we celebrate and embrace diversity. During our weekly Celebration Assembly, the Key Stage 2 children are taught about how the Equality Act 2010 ensures that individuals with protected characteristics are treated equally and fairly to everybody else by law. We look at the following poster and focus on 1 group of people with a protected characteristic each week under the common understanding that 'We are all different but all equal.'

## What is bullying?

We like to use this poster below to help us decide whether or not someone is being bullied or not. We find it is easily understandable by all age groups and it is displayed in many areas of our school to remind us.

**Rude** If someone says or does something that is unintentionally hurtful, and they only do it once, they are being **RUDE**.

**Mean** If someone says or does something that is intentionally hurtful, and they only do it once, they are being **MEAN**.

**Bullying** If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is **BULLYING**.

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**anti-bullying alliance**

“Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.” (*Anti-bullying alliance- definition of bullying*)

## How do I recognise bullying behaviour?

In our school, we are taught that bullying behaviour could occur either in school, out of school or online and could include any of the following:



### **Physical Bullying**

Physical action intended to hurt or intimidate another person, for example punching, kicking or tripping, or touching them or their possessions in unwanted or inappropriate ways.



### **Verbal Bullying**

Using cruel or abusive language (written or spoken) to hurt another person, for example name-calling, making threats or making disrespectful comments about their appearance or other characteristics.



### **Psychological Bullying**

Actions and behaviour intended to negatively affect another person's mental health and/or wellbeing, for example deliberately isolating or excluding them, threatening, humiliating, or manipulating them.



### **Sexual Bullying**

Targeting someone with sexual actions or comments, including uninvited inappropriate touching or sharing intimate photos of someone without their permission.



### **Cyberbullying**

Using electronic communication, such as social networking sites, gaming sites, chat rooms or messaging apps to send hurtful messages or make comments about another person.

## What should I do if I am being bullied?



Tell someone you trust

**REACH OUT:** If you feel you can, talk to a teacher you trust or a family member. If you don't want to do that, you can call Childline on 0800 11 11 or visit [www.childline.org.uk](http://www.childline.org.uk).



Keep a record of what's happening

**REACH OUT:** By writing down what happened, when it happened, and who was involved. If the bullying is online, keep the evidence – save or copy any photos, videos, texts, e-mails or posts.



Don't retaliate

**REACH OUT:** It can be tempting if you are being bullied to take revenge – for example to send a horrible message back to someone; to try and embarrass and hurt the other person, or to fight back. This is not a good idea – you might end up getting in trouble or get yourself even more hurt.



Surround yourself with people that make you feel good

**REACH OUT:** Only spend time with people who make you feel good about yourself. If someone constantly puts you down they are not a real friend and not worth your time.



Don't blame yourself - it is NOT your fault

**REACH OUT:** It doesn't matter what colour hair you have; what trainers you are wearing; how you speak; how you walk; how you talk – it is not your fault if you get bullied. We are all different in some way and that's what makes us amazing.



Be proud of who you are

**REACH OUT:** Be kind to yourself, and do things that make you feel good, relax and make new friends. You might make music; write lyrics; draw cartoons; dance; act or join a sports club. This is your life so make sure it's the best life possible – don't let anyone bring you down.

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



- If you see someone else being bullied, it is important that you **reach out** to help that person
- 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
- If you can, and it is safe, **reach out** by telling the bully to stop but never get angry or hit them
- **Reach out** by telling a grown-up, such as a teacher, as soon as you've seen someone being bullied
- Grown-ups can also **reach out** to stop the bullying and make that person feel happy again
- You should never feel scared to **reach out** and tell someone about bullying

## What will our school do to prevent bullying?

We want our school to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy. To deal with bullying in our school we will help everyone in accordance with our mission statement and our Gospel Values to;

- Get along with one another (**tolerance**)
- **Respect** and understand each other
- Award house points for displaying our Gospel Values
- Headteacher/Deputy Headteacher to address signs of bullying in their weekly assembly
- To appreciate that everyone has the right to be an individual
- Hold circle time to address fears and anxieties
- Educate ourselves about bullying and the impact of it through PSHE lessons, RSE lessons and Anti-bullying Week



## **School Procedure**

- 1) Teaching assistants/pupils will report any incidents of bullying in the playground or classroom to the teacher
- 2) The class teacher will investigate and record on an incident form any reports of bullying
- 3) If it is found that bullying has occurred, the class teacher will tell the Deputy Headteacher or Headteacher and pass on a copy of the report
- 4) Headteacher or Deputy Headteacher will investigate further and parents of the victim and alleged perpetrator are informed that an investigation is underway
- 5) Parents are informed that it may take some time before the investigation is completed and the matter resolved
- 6) The class teacher and all adults who work within the class will support the victim and alleged perpetrator to resolve the situation to make sure that the bullying stops, for good

This child friendly policy is reviewed by the JLT and then presented to all children, staff and parents every year.