

Feeling safe and happy at school.

At South Bersted Church of England Primary School, we want to make sure that all children feel safe and happy.

Sometimes we do not know if something that makes you feel unsafe or sad is happening so you need to tell someone.

This policy looks at bullying and what you can do if you feel you are being bullied, or if you notice that someone else is being bullied.

The Head, pupils, Governors and the staff will work together to:

- *Make our school a place where everyone can feel safe and happy.*
- *We will help everyone to get on with each other and we believe that everyone has the right to be who they are.*



What is Bullying?

“When someone deliberately continues to hurt someone over and over again and when they hurt your feelings or your body.

Bullying can be cyber, physical or verbal”

We need to know what some of these key words mean!

Word	Meaning
deliberate	<i>done on purpose</i>
Cyber	<i>Linked to computers and technology</i>
Physical	<i>Linked to the body – people may hit, kick and or pinch</i>
verbal	<i>Linked to what people may say to someone</i>

It is important to remember that single problems and falling out with friends is not bullying.



What are the different types of bullying?

Bullying can be different things and is not just hitting or kicking another person!

It can be:

Emotional: Hurting people's feelings, leaving you out or saying nasty things.

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

Verbal: Being teased or name calling.

Cyber: Saying unkind things by text, email, chat rooms or online.

Racist: Calling you names because of the colour of your skin or because of your religion.

**SAY
NO
TO BULLYING**

Who Can I Tell?

**ADULTS AT
SCHOOL**

FRIENDS

**USE THE WORRY
BOX**

**PARENTS AND
CARERS**

What do I do if I am being bullied?

DO:

- ♦ Ask them to STOP.
- ♦ Ignore them.
- ♦ Find a TA, teacher or another adult.
- ♦ Walk away.
- ♦ Use the classroom worry box so your teacher knows you are sad or worried.
- ♦ Talk to a friend, Peer Mentor, mum or dad or whoever looks after you.

YOU MUST TELL SOMEONE!!

DON'T

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

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

Tell an adult straight away.

Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.

Don't stay silent or the bullying will keep happening.