



**Children's anti-bullying statement
and principles.**

June 2019

This child friendly version of our official anti-bullying policy was created by all the children in each year group in the Summer Term of 2019. It presents the children's perception of bullying over the primary years and how we should tackle it.

Reception

What is bullying?

Bullying is when you hurt someone or are mean to them lots of times.

What does bullying look like?

Saying mean words, punching, not being nice, poking people, kicking, nipping, pinching, snatching things, scratching, hurting people, pulling hair, slapping.

What can we do if we see bullying in our school?

Help.

Tell them to stop.

Tell grown up.

Be kind and make the right choices ourselves.

Be a good friend.

Year 1

What is bullying?

When someone is hurting you or using unkind words over and over again.

What can we do?

- Talk about it
- Tell a teacher or adult
- Tell a friend
- Tell your mum or dad
- If you see it happening you must tell someone.

What can our teachers do?

- Make time to listen to us
- Check that we are OK
- Speak to the person who is making us sad
- Reward us for being kind.

YEAR 2

What does bullying look like?

How do I know someone is being bullied?

Several times on purpose. Picking on people, pushing, hurting, laughing at people and calling them names. Causing children to be unhappy at school.

What can we do to stop this happening?

To prevent bullying, we can:

- talk to an adult as soon as we see it happening,
- talk about bullying in our classes,
- don't stand by and watch it happen

What can our teachers do?

To help us prevent bullying, our teachers can:

- talk to us about how we are feeling especially if we are feeling angry or upset,
- help us with something happening at home if it is bothering us and making us feel angry,
- give us advice about getting help and how to prevent or stop it,
- help us to deal with the problems that we tell them
- stop the bullying if we tell them,
- encourage everyone to use kind words and kind hands,
- help us to remember the "high five" rule,
- show us the signs to look out for.

YEAR 3

In Year 3 we understand that bullying is mean, nasty, unkind and rude behaviour. Bullying is when someone or a group of people are unkind several times on purpose (**STOP**). In Year 3 we say '**NO**' to bullying because it hurts people inside.

In Year 3 we have learnt to recognise and respond to bullying. When we see bullying we know that the first thing to do is find and tell a trusted adult/grown up.

We want to be a kind, polite and non-bullying class. As a class we vow to help those who are being bullied either inside or outside of school to make our whole community a better place.

Year 4

Bullying is unkind behaviour, such as; pushing, hitting, punching, pinching, kicking, calling others names, teasing people, being unkind online and leaving others out. Bullying can be physical or verbal and is abusive. Bullying is something that happens repeatedly. Bullying is intimidating and deliberate.

Bullying can make people feel; upset, anxious, unhappy, unwelcome, scared, miserable, unwanted, embarrassed, confused, sad, frightened, depressed, unaccepted, rejected, unsafe, isolated, create low self-esteem and low confidence.

If we suspect bullying, we can; seek help from teachers, speak to parents or people at home, stand up to bullies, speak to our family groups, speak to people we trust.

Year 5

Several Times On Purpose = Bullying

Bullying is purposely hurting someone, actually or with words or actions, every day to make them feel small. If you see bullying happen and let it continue then you are part of the bullying too.

What different types are there?

Physical bullying - when someone is hurting you on purpose. This hurts your body and makes you feel scared and fearful

Mental/Verbal bullying - repeatedly saying or doing nasty things and being unkind. This could be telling lies and rumours. This hurts someone's emotions and feelings.

Cyber bullying - saying something offensive on social media such as the internet or on electronic devices like a phone or iPad. This might be to or about someone or it might be about a whole group of people.

Why do people bully?

There are lots of reasons why someone might be a bully:

- Some people bully because they have had it done to them and take it out on someone else
- Some people bully because they have been very upset and are angry inside (e.g. bereavement)
- Some people bully because they want to make themselves look better than other people
- Some people bully because they want to look stronger and tougher than other people
- Some people bully because they are jealous
- Some people bully in a group because they don't want to be left out and look 'weak'

- Some people bully others because they look or behave differently

What can we do?

To prevent bullying, we can:

- Tell an adult as soon as we see it happening
- write a note for the 'Worry box'
- teach everyone to know how bullying can make people feel very sad
- talk about bullying in our class
- stop bullying from happening by being kind to everyone,

What can our teachers do?

To help us prevent bullying, our teachers can:

- talk to us about how we are feeling especially if we are feeling angry or upset
- help us with something happening at home if it is worrying us and making us feel angry
- talk to us about how to stop bullying
- stop the bullying if we tell the adult
- encourage everyone to be kind to everyone through our lessons and in assembly
- always hear both sides of a dispute privately first, then bring the parties together.

Something to remember

Most people and many well-known people have been bullied at some time in their lives. You are not alone.

Year 6

What is it?

Bullying is repeatedly hurting someone, physically or mentally, across multiple days to make them feel bad. If you see bullying happen and let it go on then you are part of the bullying too.

What different types are there?

Physical bullying - when someone is hurting your body on purpose (for example, hitting, punching and kicking). This hurts someone on the outside.

Mental/Verbal bullying - repeatedly saying nasty things to or about someone. This includes lying about them. This hurts someone on the inside.

Cyber bullying - saying something offensive on the internet or on electronic devices like a phone or iPad. This might be to or about a person or it might be about a whole group of people.

Manipulation - getting someone to do something that they don't want to do. This could be through peer-pressure, blackmail or threatening.

Why do people bully?

There are lots of reasons why someone might bully:

- to release anger from something that might have happened and take it out on someone else,
- , because other people (like brothers, sisters, parents, other children etc.) are mean to them
- because they are insecure and want to look better than other people,
- they think it is fun to manipulate someone else,
- they enjoy making someone upset,
- they might not know any better,
- they might be trying to get revenge for something,
- because someone is different.

What can we do?

To prevent bullying, we can:

- report it to an adult as soon as we see it happening,
- write a note for the 'Worry box',
- teach everyone about what bullying is and how it makes people feel,
- talk about bullying in our classes,
- get rid of the chain of bullying by being kind to everyone,

What can our teachers do?

To help us prevent bullying, our teachers can:

- talk to us about how we are feeling especially if we are feeling angry or upset,
- help us with something happening at home if it is bothering us and making us feel angry,
- give us advice about bullying and how to stop it,
- stop the bullying if we tell them,
- encourage everyone to be kind to every else with talking, songs and assemblies.

Important to remember

Just because you are being bullied it doesn't mean that you are going to go nowhere. Lots of famous and important people were bullied when they were younger. You are not alone.