



Christ Church VC Primary School
Child friendly Anti-bullying Policy

Bullying is best dealt with by talking with children throughout the year and by helping and supporting children through the process of dealing with it and after the event.

Bullying is:

“When one or more people deliberately hurt or cause distress, mentally and/or physically on a continual basis.”

Bullying can come in different ways:

- **Physical:** e.g. hitting, kicking and hurting people as well as taking and breaking or damaging their belongings
- **Saying nasty things:** e.g. name calling, insulting remarks, racist remarks, frightening and scary words
- **By spreading nasty or hurtful stories** about another person or leaving them out of a group and not playing with them.
- **Cyber-bully:** e.g. email, internet, game rooms, personal pages

By having a policy it means that we all understand and agree what bullying is, how it makes people feel and how we should deal with it. We want to:

- Help the person being bullied so that it stops,
- Help anyone who has seen someone being bullied.
- Help the bully to understand what they have done wrong and to be a friendly person
- Explain and help the parents/carers of the bully and the person being bullied so that they can also help to solve the problem
- Let everyone involved know what is happening and how the problem is solved

Explaining our policy:

- Have a copy of the policy in each classroom.
- There will be 1 week a year to explain how to stop bullying and to deal with bullying when it happens. In that week we will have assemblies and classroom discussions. The week will be at the same time as the National Anti-Bullying week.
- The School’s Council will talk about and discuss bullying once a year.
- All new parents will be told about the school’s policy before or when their child or children join the school.

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- Bullying will be thought about and discussed by all staff at least once a term during school time.
- Through the lessons that take place in the school year, the children will learn about how to deal with bullies and stand up for themselves.
- Children should know how to talk about bullying and be brave enough to tell someone about it and know who to ask for help.
- If there is any bullying during break or lunch time, the adult who deals with it must make a note of it and report it to the Head, Deputy Head or Assistant Head.
- The policy should be discussed by some staff, children, parents and governors once a year.

What needs to be done when bullying takes place

When bullying is seen by or reported to a member of staff, that member of staff must:

- listen and take the person who is talking about bullying seriously
- try to work out whether or not it is really a case of bullying
- whenever possible, deal with the incident on the day that it is reported
- any bullying should be reported to the class teacher/s of the children involved
- if bullying takes place during a break time, it must be reported to the class teachers as soon as possible and written down on an 'incident reporting sheet'.
- all cases of bullying must be dealt with by a member of the senior staff.
- The parents of the person who has been bullied and the parents of the bully will be contacted to agree what should be done next to try and help and support to try and make sure that it doesn't happen again.
- A member of senior staff will keep an eye on the situation to tell everyone involved what is happening.
- If the bullying is very serious or does not stop, it might be necessary for more action to be taken which could lead to the bully being excluded for a fixed term
- Explore what the bully could do to make amends: write a letter of apology or use restorative justice etc.

What to do if you think you are being bullied

If you think you are being bullied this is what you should do:

- tell a trusted adult or someone you know who will listen to you and help you stop the bullying.

What to do if you see someone being bullied

If you see someone being bullied you are the bystander.

- tell a trusted adult straight away
- tell the person who is bullying that you will get an adult if they don't stop
- encourage your friend to walk away or tell the person to stop.

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- talk to the person that is being bullied and help them to tell a trusted adult

What to do if you think you are the bully

It doesn't feel good to be called a bully. It means that someone doesn't like the way you behave towards them.

If you think you may be a bully you could:

- try to stop
- tell a teacher and ask for some help
- tell an adult you trust for some help
- think about your behaviour
- think about how you make another person feel.
- say sorry, mean it and change your actions & words