



## Anti-Bullying Policy BY children FOR children

### There are many types of bullying. Bullying is:

- Physical Bullying: Hurting others physically e.g. pushing, kicking hitting, taking / damaging belongings.
- Verbal Bullying: Calling names, swearing, not saying nice things, making threats
- Cyber bullying: Out of school on the internet or smart phones using social media
- Emotional Bullying: Constantly picking on someone, leaving people out deliberately, spreading rumours



### If you notice any bullying around school, other children and young people should do the following:

- Talk to the person being bullied, offer advice and be there for them.
- Advise them to tell a trusted adult
- Advise them to tell an 'Anti-Bullying Buddy'
- Tell their teacher/parent/carer about the bullying on their behalf
- Try to see it from both perspectives and don't take sides
- Speak to the bully (only if safe)

### If you are being bullied you can:

- Tell a trusted adult.
- Talk to an 'anti-bullying buddy'
- Keep a diary of any evidence
- Never retaliate and don't fight back
- Try not to give the bullies pleasure of getting a reaction
- If it's cyber bullying, immediately block them and tell a responsible adult

### **Bullying makes you feel:**

- upset and hurts your emotions
- sad
- angry
- small
- unwanted
- uncared for
- lonely
- frustrated
- anxious to come to school

### **Bullying Must Be Stopped!!**

Go to <https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied> for more advice.

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**Achieve Believe Care**