



**Moreland Primary School and
Children's Centre**

Anti-Bullying Policy for Pupils

**Bullying is hurting
someone...**

Several
Times
On
Purpose



**We can stop
bullying when we...**

Start
Telling
Other
People

At Moreland Primary School and Children's Centre we take bullying very seriously. Bullying can be very upsetting for the person being bullied and can leave people feeling lonely, scared, and wishing they didn't have to come to school.

Everyone in our community has a responsibility to stop bullying and to help make sure that everyone feels safe and happy coming to school.

What is bullying?

Bullying can be unkind words or actions that are meant to hurt or scare a person. However, bullying is not a one-off event, for instance when friends fall out. Bullying is hurting someone...



Several **T**imes **O**n **P**urpose

Bullying can be...

- Emotional - hurting someone's feelings
- Verbal - using unkind words, directly or through another person
- Physical - hitting, kicking, pushing or similar actions
- Online - saying unkind things online, or via text or WhatsApp

Sometimes bullying can also be racist, sexist, homophobic, biphobic, transphobic, or targeting a person's religion or disability.

We all have a responsibility to treat other people kindly and with respect, and to make sure that our actions and words do not hurt others. If we do hurt others, we must take responsibility for what we have done, show the person that we are sorry and never repeat the behaviour.

What should you do if you are being bullied?

If you experience bullying, you can...

- ✓ Ask the person to stop (if you feel safe) and tell an adult you trust
- ✓ Ignore the person and tell an adult you trust
- ✓ Walk away and tell an adult you trust

Most importantly, you should always tell an adult you trust. This might be your teacher, a family member, or any other adult at school. You should report any bullying that happens inside or outside of school.

If you are being bullied, you can also talk to an anti-bullying ambassador, who have been trained to help you, or report your concerns in the 'concerns' box which can be found in your classroom.

If you are being bullied, it is important not to...

- ✗ Do what the person says
- ✗ Get angry or try to hurt the person bullying you
- ✗ Hide what is happening

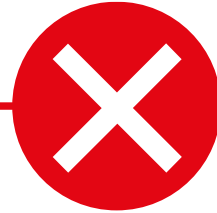
What should you do if you see someone being bullied?

We all have a responsibility to make sure that everyone in our school community feels safe and welcome. This means that if we see someone else being bullied, it is important that we do something about it.



Do...

- Tell the person to stop (if it is safe)
- Support the person being bullied
- Tell an adult straight away



Don't...

- Put yourself in danger
- Get angry or hurt anyone
- Ignore what is happening

Remember together we can STOP bullying...



Start **T**elling **O**ther **P**eople

What are adults at school doing to stop bullying?

At Moreland Primary School and Children's Centre, we all have a responsibility to care for one another. This means that your head teacher, governors, staff and school council are all committed to making sure that everyone feels safe and happy to come to school.

All adults at our school have been trained to know how to support people who have been bullied.

Our pledge is that everyone at Moreland Primary School and Children's Centre will...

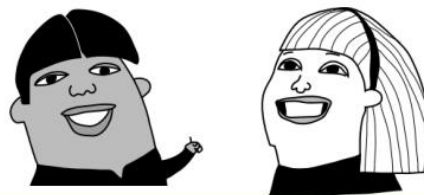
- Work to make sure that everyone feels safe to come to school
- Help everyone feel like they can be themselves when they come to school
- Help each other to get along with each other
- Take bullying seriously

This policy was created by: Catherine Lawrence September 2023

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Top anti-bullying tips

Tips for children and young people



Are you a young person who's suffering at the hands of bullies? Or maybe you're witnessing others being bullied? Either way there are ways around it. Here's our anti-bullying tips for you.

If you're worried about bullying speak to someone you trust or you can call ChildLine on 0800 11 11

- 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.
- Whether you are a boy or a girl, old or young, big or small – bullying makes you feel rubbish and it's okay to be upset about it. **The important thing is that you tell someone about it.**
- If you feel you can, talk to a teacher you trust or your parents, brother or sister. If you don't want to do that **you can always call Childline** 0800 11 11 or visit www.childline.org.uk.
- Keep a record of what happened, when it happened, and who was involved. If the bullying is online, **keep the evidence** – save or copy any photos, videos, texts, emails or posts.
- It can be tempting if you are being bullied to retaliate – 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 being seen as the trouble maker or get yourself even more hurt.**
- **Think about other ways you can respond to bullying.** For example, practice saying: "I don't like it when you say that/do that – please stop." Think about other people who can help you if you are being bullied – this could be other classmates, or a teacher.
- **Only hang out 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.
- **Be kind to yourself,** and do things that make you feel good, relax and make new friends. You might play an instrument; 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.
- **Remember to be kind to other people!** Just because someone is different to you and your friends – that doesn't mean you are better than them or have a right to make them feel bad. If you mess up, say sorry. You don't have to be friends with everyone – but you should always show respect, make it clear that you don't like it when people bully others, and stick up for people who are having a hard time.



www.anti-bullyingalliance.org.uk

