

Who can I tell?

Don't ever worry about asking for help

- Mum/Dad
- Teachers
- Teaching Assistants
- Lunchtime Supervisors
- Grandparents
- Older brother or sister
- A friend who you trust to speak to an adult for you
- Always tell an adult that you trust
- Go to the Nurture room at lunchtime for any support.



MOST IMPORTANTLY:-

If you are being bullied:

When there is a conflict
'we can work it out...'

What happened?

What were you
thinking or feeling
at the time?

What have your
thoughts been since
the incident?

Who has been
affected by your
actions?

What do you think
you need to do to
make things right?

START TELLING OTHER PEOPLE



This policy has been produced by children from all year groups throughout the school.



Bridgewater Primary School Child Friendly Anti-Bullying Policy

'We're stronger together than alone'

'Fill each other's ears and hearts with happy words'

In our school we want all children to feel safe to learn, play and enjoy the company of others. Our school deals with all types of bullying seriously. There is always help and support for children to guide them to make the right behaviour choices. We are all responsible for creating a caring community.

What is bullying?

Bullying is when someone is hurt emotionally or physically **on purpose over and over again**, by a person or a group of people, using words, actions or behaviour that is hurtful, frightening and upsetting to others.



Bullying can be...

**SEVERAL
TIMES
ON
PURPOSE**



Emotional: Hurting people's feelings, leaving others out or showing jealousy towards others.

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

Verbal: Being teased, name calling.

Racist: Making comments about skin colour, religion and beliefs, accent or the country of birth.

Cyber: Saying unkind things by text, email or on social media. e.g Whatsapp, Skype, Snapchat. Just because it's not face to face it still hurts emotionally.

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

- Don't walk away or ignore the bullying.
- Tell an adult as soon as possible.
- Let the bully know that what is happening is not acceptable.
- Help the bully to make the right choices.
- Don't stay silent or the bullying will keep happening.

The Head, the Governors and all adults in the school will work together to:-

- Make our school a place where everyone can feel safe. That means no bullying allowed.
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

All adults in the school will always treat bullying seriously and a restorative approach is used to help everyone.

If you are bullied:-

DO:-

- Ask them to STOP if you can
- Use eye contact and tell them to go away
- Walk away
- Write a note for the 'worry monster'
- Tell someone

DONT:-

- Do what they say
- Get angry or upset
- Hit them
- Don't think it's your fault
- Hide it from others

Empathy is...

hearing with



seeing with the



feeling with the



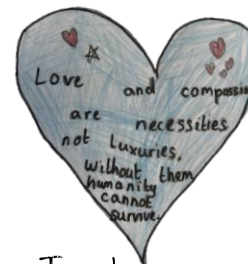
the ears of another eyes of another heart of another



How would you feel in that person's shoes?

Compassion is...

understanding how someone is feeling.



To show compassion you need to have empathy.

Integrity is...

doing the right thing even when no one is watching.



Always show your inner beauty through your actions