



Anti-bullying Policy: Pupil Version

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At Air Balloon Hill Primary School we expect everyone to:

Be safe
Be kind
Be respectful

Sadly, sometimes, this doesn't always happen. Sometimes people can behave in ways which are **unsafe**, **unkind** or **disrespectful**. This is never nice and should **always** be reported to a trusted adult so it can get sorted out.

Types of bullying

Emotional: leaving you out on purpose, hiding your things or trying to scare you.

Physical: punching, hitting, kicking, pushing.

Verbal: calling you names, teasing or spreading rumours. This includes being unkind while pretending it is 'just a joke'.

Cyber / online: saying unkind things in messages on a mobile phone, tablet or in online games.

What is bullying?

We sometimes call unsafe, unkind, or disrespectful behaviour **bullying**. But, how do you know if it is bullying, or not? Just because someone called you a rude name, it doesn't mean they are a bully.

We know it can seem complicated. That's why we use **STOP** to help us decide if behaviour is bullying or not.

STOP stands for:

Several
Times
On
Purpose

If someone is being unsafe, unkind or disrespectful towards you **several times on purpose** and they know they are hurting you, then it's bullying.

If you are being bullied...

STOP stands for:

Start
Telling
Other
People

STOP
BULLYING

What to do

- Tell them to **STOP**
- Walk away
- Tell a trusted adult at school
- Put a note in the worry box
- Talk to your family
- Take screen shots if the bullying is online
- Support each other – tell a trusted adult if another pupil is being bullied
- Ring ChildLine



Don't

- Keep it a secret
- Think that it is your fault
- Hurt the bully back
- Try to sort it out yourself.



You could write down your worry and post it in the worry box. This is checked regularly by Miss James.



Who can I talk to?

You can speak to any adult at school if you are worried about bullying. This could be a teacher, learning support assistant, lunch time staff or a member of the safeguarding team. Here are some of the people you can talk to:



(Mrs Knight, Miss James, Miss Liley, Mrs Hennessy and Mr Browse)