

## St Mark's RC Primary Anti Bullying Policy

At our school **EVERYONE** has an important part to play in stopping bullying from happening.

### ARE YOU A BULLY?

**Do you ever do any of these?**

**PHYSICAL BULLYING** – hurting and being aggressive towards someone.

**VERBAL BULLYING** – name calling, mocking, teasing and being abusive towards someone.

**INDIRECT BULLYING** – spreading rumours and deliberately excluding someone.



Each of these causes distress and unhappiness. The following pages will give you guidance in helping to stop it happening to you or anyone else.

### WHAT TO DO. if you see someone being bullied.

#### Take Action!

Don't smile or laugh- it will encourage the bullies to carry on.

Tell the bully to 'STOP IT! THEY DON'T LIKE IT.' – If you don't you are encouraging bullying.

Don't over react or hit them back or call them names.

Encourage your friend who is being bullied to come and join in your game or activity.

Tell an adult what happened – they need to know straight away.



### WHAT TO DO.. if you are being bullied.

#### ALWAYS TELL AN ADULT IF YOU ARE BEING BULLIED.

#### DURING the bullying.

Tell the bullies to STOP IT! I DON'T LIKE IT!' – say you don't like what they are doing.

Don't over react or hit them back or call them names.

Tell a friend.

Get away as soon as possible- join another pupil or group if you can.

Tell an adult as soon as possible.

In each classroom is a worry box. **Use it if you are being bullied or worried someone else is being bullied.**

Put your name on a slip of paper and put it in the box.



### **AFTER the bullying.**

TELL someone what has happened – don't keep it a secret.

TELL your family – they can help you.

TELL your teacher – ask a friend to go with you if you are scared.

Keep on speaking up until someone listens.

Don't blame yourself – if you ask for help the bullying is more likely to stop.

## **INFORMATION FOR PARENTS**

### **WHAT TO DO ... if your child is bullied.**

Talk calmly with your child about his/her experience.

Make a note about what he/she says.

Reassure your child that he/she has done the right thing.

Explain that further incidents should be reported to a teacher as soon as possible.

Explain a problem to a teacher.

### **WHAT TO DO ... in a meeting with a teacher.**

Stay calm.

Be exact.

Make a note of what action the school will take.

Ask if you can help.

Stay in touch with the school.

### **WHAT TO DO ... if your child is bullying others.**

Talk with your child and explain that his/her behaviour is unacceptable.

Make an appointment with your child's class teacher.

Check progress regularly.

Give your child lots of praise when he/she is co-operative or helpful



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