



St Peter's Primary School

Say "No" to bullying

How to feel **Safe** and
Happy at our school.

Keep this in your desk tray.

Fill in our school values

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I agree that all our pupils should feel safe and happy in school. I understand what bullying is and will tell an adult if I am being bullied or see someone being bullied.

Signature

Feeling safe and happy at school

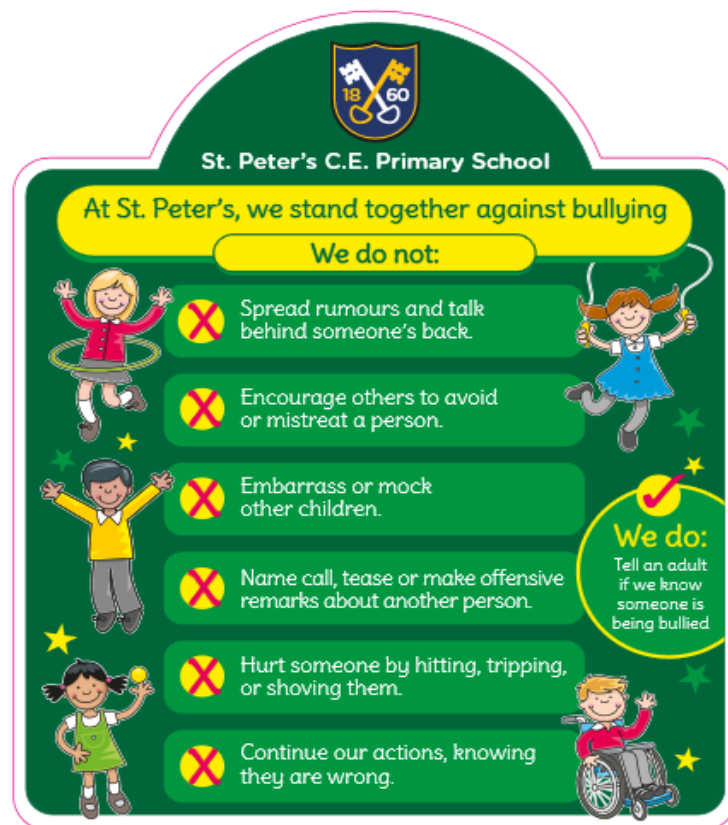
At St Peter's, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



SAY NO TO BULLYING



What is bullying?

A bully is someone who deliberately and on purpose, **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt** or **upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**. Friends fall out all the time and can often do and say things they don't actually mean, and it can happen more than once. Often, we can use bullying behaviour, like shouting in someone's face to get our point across. This is not acceptable and doesn't belong in our school, however it is important to know what bullying actually is.

Bullying is behaviour which is **repeated** on purpose and has the sole purpose to **upset** someone.

What does Several mean? Several means more than two, perhaps three, four or five time.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person asking another person to say nasty things.



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What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

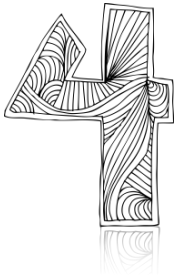
You could tell you St Peter's class Guardian Angel, Pefect or Head Boy and Girl

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.



Always remember that if you are being bullied, it is **not your fault**. You shouldn't be scared to **talk to someone** if you are being bullied.



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

If you see someone else being bullied, it is important that you **help** that person.

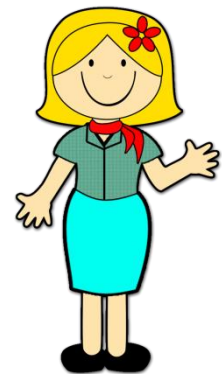
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person. If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

If you are a Guardian Angel, you should always be on the lookout for this.



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Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can help.



The list below shows the **grown-ups** at our **school** that you can speak to:

Name of staff member: Mrs Colley

Name of staff member: Mr Robinson

Name of staff member: Mrs Harrison

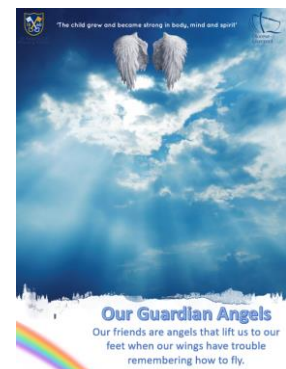
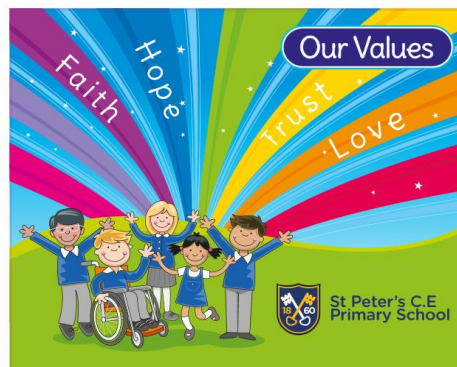
Your class teacher: _____



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **circle time** and **anti-bullying week**.
- Follow our school values.



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