

## If you are bullied:

### DO:

- try and tell them to stop
- ignore them
- walk away
- tell a friend that you trust
- talk to an adult straight away
- talk to adults at home

### DON'T:

- do what they say
- copy their behaviour
- get angry
- be horrible back
- use inappropriate words
- ever think it's your fault
- ever keep it to yourself

## Who can I talk to if I am being bullied?

- My family or adults at home
- My friends
- My teachers and teaching assistants
- Friendship Ambassadors

*If you see someone else being bullied, tell an adult straight away what you have seen or heard. Try to not get involved as you may end up getting hurt or in trouble yourself. Try to speak up and not stay silent.*

## Who is responsible for dealing with issues of bullying in our school?

- Mrs Clare—Head of School
- Mrs Staples—Deputy Head
- Mrs Bailey—Pastoral Lead

# Shrivenham

Church of England Primary School



All things are possible for one who believes



We give every possible opportunity for individuals to believe in themselves, others and God through the promotion of love, hope and courage.

**Child Friendly  
Anti-Bullying Policy**

*At Shrivenham Primary School, we do all we can to prevent bullying. We see bullying as unacceptable and we aim to provide a safe, caring and friendly environment for learning for all.*

### What is bullying?

A bully is someone who hurts someone more than once -

**Several Times On Purpose**

This can be by using words or behaviours which are meant to make them upset or frightened.

Although bullying can occur between individuals it can often take place in the presence (online or physically) of others who become the 'bystanders' or 'accessories'.



### What does bullying look like?

Bullying behaviour can be:

**Physical** – pushing, poking, pinching, kicking, hitting, punching, biting, spitting.

**Verbal** - name calling, teasing, belittling, rude comments, spreading rumours, using threatening words.

**Emotional** – leaving you out, hurting your feelings, hiding or taking belongings.

**Online /cyber** – Saying unkind things online on phones or computers, such as messaging apps and social media.

**Prejudice-related incidents and identity-based bullying** –These may be incidents when someone says nasty things because of your religion, the colour of your skin, where you come from, how good you are at things, your gender, appearance or health and they are known as 'protected characteristics.'

### What bullying is not

Bullying is **NOT** when friends fall out, argue, play fight or have accidents.

### Important!

If you are being bullied, you must -

**S**tart

**T**elling

**O**ther

**P**eople

**We will always treat bullying extremely seriously and we involve parents/carers to talk with us and consequences will be given for bullying behaviours**

We will do everything we can to make you feel safe in school.

