

Billingham South Community Primary
School



Child-friendly anti-bullying
Policy

February 2020

Our school vision is:

Everybody Prepared and Inspired to be the Best they can be

Excellent Classrooms

Excellent Relationships

Hearts in Billingham Eyes on the World

Here at Billingham South Community Primary School, teachers strive to prepare us for long term success by ensuring we are happy and have a *Growth Mindset*. This is through, encouraging us to become resilient, happy, courageous, trustworthy children and to produce a high-quality of work.



In our school, we do not tolerate bullying, we make sure everybody is included and everyone is accepted for who they are. Within our school, we make sure everybody can feel safe and happy whilst learning.

What is Bullying?

Bullying is when a person is physically, verbally, emotionally or mentally harming you. It can be done individually or in groups. It is an action that happens again and again by the same individual or group. A useful way to remember bullying is STOP.

What is Bullying?

We can define this as...



Bullying can be:

- Hurting somebody
- Using inappropriate language
- Saying unkind words
- Touching someone when they don't give you permission
- Teasing someone
- Stealing or damaging other people's property
- Calling people names
- Sending hurtful comments or messages via Whats App, Facebook, Snap Chat, Instagram or any other form of social media

Bullying can be about:

- Race or ethnicity
- Religion or belief
- Sexist bullying - not including someone of a specific gender
- Poverty - making fun of someone who doesn't have as many things/money as you
- Family and culture
- Special Educational Needs or Disability - not including someone because they're not able to do what it is your doing
- Homophobic - this is when someone says unkind things about people liking the same gender, or because people have two Mums or two Dads.
- Transphobic - this is saying unkind comments to somebody who has changed or wants to change their gender, for example, a boy wants to become a girl, or a girl wants to become a boy. This is because they don't feel comfortable in their own body.

Why does bullying happen?

In our school bullying does not happen very often because there are strong friendships throughout school. Bullies often target people who are different or more vulnerable, to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

Where does bullying happen?

Bullying can happen anywhere, but often can be somewhere where you can't be seen, heard or stopped. It can happen in school playgrounds, outside of school and online.

What should I do if I think someone is being bullied?

- Tell them to talk to an adult that they trust
- Ask them if their ok and if you could help them
- Speak to an Anti-Bullying Ambassador
- Tell an adult at home
- Write it down and give it to an adult if you don't want to speak
- Call ChildLine at any time free on 0800 11 11

What should I do if I am being bullied?

If you are being bullied it is important to tell an adult that you trust or a friend that can help you to speak up about it. If you tell a teacher or an adult in school they will be able to help you. The adult may need to share the information with class teacher, parent or carer, headteacher or another form of adult. Confiding in an adult will not make the bullying worse, they will find ways to stop the bullying.

