

# Anti Bullying Policy ( Children's Version)

Bullying of any kind is unacceptable at our school. If you are feeling upset or worried about anything, please tell an adult or a friend. You will be listened to and we will help you.



## What is Bullying?

Children will tease, fall out with each other, have arguments, stop talking to each other and agree and disagree about what's cool and what's not. Don't worry, this is a normal part of growing up and is not bullying.

Bullying behaviour usually is:

- deliberate – hurting someone on purpose – it is not accidentally hurting them
- unfair – the intended target is hurt and doesn't deserve this
- repeated – it can go on and on and can happen again and again

Bullying behaviours can include:

- Being hit, kicked, tripped, poked, kicked
- Having belongings stolen or damaged
- Being ignored, left out, people talking about you
- Receiving nasty text messages, emails or nasty comments said on games, like the Xbox.

Many children and young people experience bullying because they are “different” or because they are thought to be “different”. At St Erth we encourage everyone to respect others and celebrate similarities and differences in all people.

Those involved in bullying behaviours may take on one of the following roles:

- Leader – leading the bullying activity
- Assistant –helping the leader
- Reinforcer – watching, perhaps laughing
- Target – the target of the bullying behaviour
- Defender – tries to stop the bullying
- Outsider – walks away without getting help

## What to Do if You Are Worried about Bullying Behaviour

- Tell someone – it could be a friend, someone in your family or an adult in the school. We need to know what is happening so we can help you.
- The incident will be investigated and we will talk to everybody involved.
- We may do some work with a group or a class to encourage children to make better choices and to think of others' feelings.

## Where to get Help

Respect Me - [respectme.org.uk](http://respectme.org.uk), 0844 800 8600;

Txt: 'respect' plus your message to 60066;

Bullying Online - [www.bullying.co.uk](http://www.bullying.co.uk);

Childline - 0800 1111