**Anti Bullying (Child’s Version) Policy**

Date reviewed: October 2023

Date of next review: October 2024

At St Bede’s Catholic Primary School EVERYONE has an important part to play in making our school a caring, friendly and safe place to learn and grown. We all have an important part in stopping bullying from happening.

**What is bullying**

Sometimes children will fall out with each other, have disagreements or stop talking to each other for a while. Don’t worry these are all normal and a natural part of growing up; this is not bullying.

Bullying behaviours include:

* Deliberately intending to hurt someone (doing it on purpose), not hurting someone by accident
* Repeatedly hurting someone – deliberate behaviour that hurts someone, either physically or emotionally, that is repeated over and over again

**Different Types of Bullying**

**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.

**CYBER BULLYING**

Using technology to send messages by text or email that would hurt someone or upset them – this includes sending the messages to other people about someone else.

**What to do if you see someone being bullied**

* Take action
* Tell an adult what happened – they need to know straight away.
* 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.
* Encourage your friend who is being bullied to come and join in your game or activity.

**What to do if you are being bullied**

* Always tell an adult if you are being bullied
* 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.
* GET away as soon as possible – join another pupil or group if you can.
* TELL an adult as soon as possible.

**After the bullying**

* TELL someone what has happened – don’t keep it a secret.
* TELL you 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 you think your child is bullied**

* Talk calmly with your child about his/her experience.
* Make a note of 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.
* Contact the Head Teacher as soon as possible.

**What to do in a meeting with the 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 or Headteacher
* Check progress regularly

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