

Child Friendly Anti-bullying Policy

What is Bullying?

In our school, bullying is hurting someone more than once, on purpose, by using behaviour or words which are meant to frighten or hurt that person.

Bullying can be

- **Emotional:** Hurting people's feelings, leaving you out.
- **Physical:** Punching, kicking, spitting, hitting or pushing.
 - **Verbal:** Being teased, name calling.
 - **Written:** Letters, notes, graffiti.
- **Cyber:** Saying unkind things by text, social media, e-mail and on the internet.
- **Racist:** Calling you names because of the colour of your skin or because of your religion.

If you are being bullied:

Do:

Ask them to STOP if you can.
Use eye contact and tell them to go away.
Ignore them.
Walk away.
Tell a grown up (or ask your friends to come to an adult with you)
Remember it is NOT your fault.
Be brave and TELL SOMEONE.

If you are being bullied:

Don't

Do what they say.
Get angry or look upset.
Retaliate/get them back
Think it's your fault.
Hide it.
Think it is wrong to tell an adult.



What should I do if I am a bystander and see someone else being bullied?

- Don't walk away and ignore the bullying (even if it is your friend)
- Let the bully know what is happening
- Tell the bully to stop if it is safe to do so.
- Don't be scared and stay silent or the bullying will keep happening



Everyone at Holy Cross Catholic Primary School will work together to:

- **Treat Others As We Would Like To Be Treated!**
- **Make our school a place where everyone can feel safe and happy. That means no bullying allowed.**
- **We will help everyone to get on with each other and we believe that everyone has the right to be who they are.**
- **Record all incidents of bullying, making sure everyone is listened to.**