



# St. Mary's Catholic Primary School

## Child - Friendly Anti -Bullying Policy

Bullying happens:

**S**everal

**T**imes

**o**n

**P**urpose

What to do:

**S**tart

**T**elling

**O**ther

**P**eople

Together we can **STOP** it!

# 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, email and on the internet.



## If you are bullied:

### DO:

- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
  - Walk away.
- Find a friend or friendship Ambassador.
  - Together get help.

TELL SOMEONE

### DON'T:

- Do what they say.
- Get angry or look upset.
  - Retaliate.
- Think it's your fault.
  - Hide it.

## **What should I do if I see someone else is being bullied?**

- \* Don't walk away and ignore the bullying.
- \* Ask the person to stop if it is safe to do so.
- \* Don't stay silent or the bullying will keep happening.
  - \* Help them to find someone to talk to.

## **Who can I tell?**

A Friend

A Friendship Ambassador

Any adult at school

A Family Member

The Worry Box

## **Everyone at St. Mary's will work together to:**

- \* Make our school a place where everyone can feel safe and happy.
- \* Help everyone to get along with each other because we believe that everyone has the right to be who they are.
  - \* Always treat bullying seriously.