



St Edmund's Catholic Primary & Nursery School

CHILD FRIENDLY

ANTI-BULLYING POLICY



Together we learn and grow through worship and celebration

What to do if you are being bullied

DO:

Ask them to STOP

Ignore them or walk away

Find an adult to help

Try to look confident, even if you don't feel it

Try to stay in a group or near an adult

Use the 'Help Me' box or Worry boxes to report bullying

Talk to a friend, Anti Bullying Ambassador or trusted adult

Remember it is NOT your fault

YOU MUST TELL SOMEONE!

DON'T:

Do as the bully says

Deal with the bully yourself

Hit them back

Hide it

Think it's your fault

What is bullying?

Bullying is when someone hurts, frightens or upsets someone else repeatedly on purpose. It can hurt you on the outside if they are hurting you physically or hurt you on the inside if things are said that will hurt your feelings.

Bullying can be **repeatedly**:

Emotional: hurting people's feelings, leaving you out or saying nasty things.

Physical: punching, kicking, spitting, hitting or pushing

Verbal: being teased or name calling

Cyber: saying unkind things by text, email, chat room or online.

Racist: calling you names because of the colour of your skin, your religious beliefs or your culture.

Sexist: Being unkind because of your gender

LGBT: Being unkind because of your identity

Disability: being unkind because you may seem different from others

What will happen when bullying is reported?

The adults will:

Take you seriously

Talk to everyone involved

Help you to feel safe at school

Support you if you have been bullied

Support children who have been bullying others so they won't do it again

If you see someone being bullied you must tell an adult straight away. This is being a UPSTANDER

GOLDEN RULES

Be kind and helpful

Respect everyone

Remember everyone has the right to be who they are

Keep hand, feet and unkind words to yourself

Play and work together cooperatively

Start

Telling

Other

People

**If you don't tell,
nothing will
change**



**At St Edmund's
we believe we are all part of
God's family and we
should treat everyone
with respect**

*We want everyone
in our school to
feel safe and happy*

**We will all work
together to
S.T.O.P
bullying**

