



Anti-Bullying Policy BY children FOR children

There are many types of bullying. Bullying is:

- Physical Bullying: Hurting others physically e.g. pushing, kicking hitting, taking / damaging belongings.
- Verbal Bullying: Calling names, swearing, not saying nice things, making threats, making / spreading rumours
- Cyber bullying: Out of school on the internet or smart phones using social media (e.g. WhatsApp groups)
- Emotional Bullying: Constantly picking on someone, leaving people out deliberately, spreading rumours, intimidating people



If you notice any bullying around school, other children and young people should do the following:

- Talk to the person being bullied, offer advice and be there for them.
- Advise them to tell a trusted adult
- Advise them to tell a 'Wellbeing Warrior'
- Tell a trusted adult (like a teacher/parent/carer) about the bullying on their behalf
- Try to see it from both perspectives and don't take sides
- Speak to the bully immediately (only if safe)
- Make sure you listen to both sides

If you are being bullied you can:

- Tell a trusted adult.
- Talk to a 'Wellbeing Warrior'
- Keep a note book of any evidence
- Never retaliate and don't fight back
- Try not to give the bullies pleasure of getting a reaction
- If it's cyber bullying, immediately block them and tell a responsible adult
- Ignore the bullies / walk away

Bullying makes you feel:

- upset and hurts your emotions
- sad
- angry
- small
- unwanted
- uncared for
- lonely
- frustrated
- anxious to come to school / refuse to come to school

Bullying Must Be Stopped!!

Go to <https://www.anti-bullyingalliance.org.uk/tools-information/if-youre-being-bullied> for more advice.

Date: March 2024

Date for review: March 2025

Written by Howley Grange Wellbeing Warriors



Achieve Believe Care