

Fittleworth CE Village School



Anti-Bullying Policy for children

2022

Feeling safe and happy at school

At Fittleworth Church of England Village School, we want to make sure that you all feel safe and happy.

Sometimes we do not know if something that makes you feel un-safe or sad is happening, so you need to tell someone.

This policy looks at bullying and what you can do if you feel you are being bullied, or if you notice that someone else is being bullied.

The pupils, teachers and staff, Head and Governors will work together to:

- Make our school a place where everyone can feel safe and *happy*
- We will help everyone to get on with each other and we believe that everyone has the right to be who they are.




What is Bullying?

When someone deliberately continues to hurt you or someone else over and over again and when they hurt your feelings or your body.



We need to know what some of these key words mean!

WORD	MEANING
deliberate	Done on purpose
cyber	Linked to computers and technology
physical	Linked to the body- people may hit, kick or pinch and have unkind hands and feet
verbal	Linked to what people may say to someone- people may use unkind words or expressions that hurt feelings



It's important to remember that single problems and falling out with your friends is not bullying

What are the different types of bullying?

Bullying can be different things and is not just hitting or kicking another person.

It can be:

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 rooms or online when gaming

Racist: Calling you names because of the colour of your skin or because of your religion

What do I do if I am being bullied?

DO:

- ◇ Ask them to STOP
 - ◇ Walk away
 - ◇ Find a teacher or another trusted adult or...
 - ◇ Use the classroom worry box or worry monster so your teacher knows you are sad or worried
 - ◇ Talk to a friend, mum or dad or whoever looks after you
- YOU MUST 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?

1. Tell an adult straight away.
2. Don't try and get involved – you might end up getting hurt or you could end up in trouble yourself.
3. Don't stay silent or the bullying will keep happening.

