

# Anti Bullying Policy



To find out about to stop bullying, look inside.

Written by Year 4 & 5 pupils.

New York Primary School pupils are kind to others.

This booklet is to help anyone if they are being bullied.

If you are being bullied don't feel like it is your fault.

You should tell someone.

New York Primary does not accept bullying.

### **What is bullying?**

In this booklet you will find information about where to get help if you are being bullied. Do not think you are alone. Many children in the UK are being bullied. There are lots of people who you can talk to about bullying. If you are worried about bullying ring ChildLine on 0800 11 11. Remember there is always someone who can help.



## **Bullying has to happen more than once.**

- Leaving people out
- Telling tales
- Name calling
- Teasing
- Fighting
- Being racist
- Pushing
- Threatening
- Stealing personal belongings
- Breaking other peoples things
- Funny faces
- Starting rumours
- Putting people down
- Hitting
- Getting other people to be horrible to you
- Getting you into trouble
- Cyber bullying
- Ignoring
- Staring
- Pulling hair
- Nipping
- Biting
- Scratching
- Hurting someone's feelings
- Hiding other people's things
- Making jokes on you
- Snatching
- Playing tricks
- Being horrible to your family
- Being aggressive
- Making people do things
- Telling lies
- Laughing at you

### **REMEMBER**

You are never alone and help will always be at hand.

We will help you immediately. If you are getting bullied do the right thing and **TELL!**

## **What is Cyber Bullying?**

Cyber Bullying is bullying that is not face to face but online or to your phone.

- People saying horrible things on websites, Email or texts.
- Deleting your information without permission.
- Threats by mobile phone, emails, websites, social networking sites or message boards.
- Sending lots and lots of texts you don't want, even if they are not nasty.
- Using message boards or chat rooms to write nasty things about you.
- Someone changing your pictures to make you look horrible.
- Sending hurtful messages to others about a person.
- Putting horrible pictures of you on the web.



## **Cyber Bullying Tips for Students**

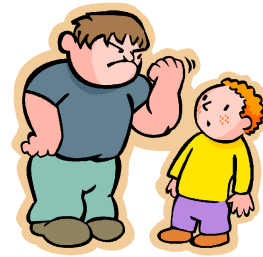
- Tell a trusted adult about the bullying, and keep telling until you find someone who takes action.
- Tell a teacher or another adult.
- Save the messages—they may be needed to take action.
- Protect yourself: never agree to meet face to face with anyone you meet online.
- If bullied through chat or instant messaging, the “bully” can often be blocked.
- If you are threatened with harm, inform the police.

## **E-Safety**

- Never give out your real name.
- Never tell anyone where you go to school.
- Never give out your address or telephone number
- Never agree to meet anyone from a chat room on your own.
- Only meet someone from a chat room in a public place with one of your parents or another adult. If they are genuinely who they say they are they will be happy to do this.
- Tell an adult if someone makes horrible or not nice suggestions to you or makes you feel uncomfortable online.

### **Help if bullied outside of school**

- Always go out with a friend or people you trust
- Go to places that are well lit
- Avoid areas where there are no adults.
- If people shout horrible things at you, don't reply and walk away.
- You must tell your parents or carers if you have been threatened or attacked in the street. Also tell someone at school.
- Write down whatever happens as you may have to go to the police.



### **Help for children who are experiencing people being horrible about your family**

- People may call you or your family names, both are not allowed.
- You must tell your class teacher straight away or another trusted adult.
- The information you give your teacher will be kept confidential/private.

### **Help for Children who are Experiencing Homophobic Bullying**

- Homophobic bullying is unacceptable and you must tell.
- Homophobic words are not acceptable.
- People may call you or your family names, both are not allowed.
- You must tell your class teacher straight away or another trusted adult.
- The information you give your teacher will be kept confidential/private.

### **Help for Racist Bullying**

- Racist bullying is unacceptable and you must tell.
- Racist language is unacceptable.
- People may call you or your family names, both are not acceptable.
- You are not the cause of the bullying and everyone has a right to their colour and religion.
- You must tell your class teacher immediately or another trusted adult.

## **Help for Children with Special Educational Needs**

- If you are being bullied because you have a learning disability, don't be afraid to tell someone.
- Join the school council –if you can't, give your ideas to your class representative.
- Tell your teacher or another adult if someone is unkind to you.
- Tell straight away, do not wait, and make sure you are listened to.
- Ask the adult to see you in a private, quiet place.
- Make sure the person you tell understands you; say it again if you need to.



## **Where to get help if you are being bullied**

Class Teacher  
Family  
Parents  
Carers  
School Council  
Learning Mentor  
Teachers  
Friends  
Buddy Bench  
Sports Coaches  
ChildLine 0800 11 11  
Head Teacher  
Dinner Nanny  
Teaching Assistants  
Breakfast Club Staff  
Rainbow / Brownies / Beavers /  
Scout / Guide Leaders  
Church Leader  
Deputy Head  
Neighbours  
Family Support Workers  
Trusted Adult.

## **School Procedures**

The process for dealing with bullies is:

1. If bullying is taking place or a child reports a problem, staff will take action immediately.
2. All people involved will be interviewed within 24 hours and a brief report will be made detailing what happened.
3. Parents will be informed that bullying has occurred and it is being dealt with.
4. Something will be done to make the child feel safe as soon as possible.
5. Monitoring will happen everyday and you will be reassured.

## **Guidance for Parents**

### **How to help your child**

- Watch out for signs of change in their attitude
- Frequent headaches or tummy aches or being unusually withdrawn or angry.
- Make time to talk to your child about their day, their friends and how they are feeling.
- Ensure that your child realises they have done nothing wrong and that they are brave to tell the truth.

## **Complaints Procedure**

You should:

- Contact the Head teacher at your child's school to discuss the problem (or appropriate senior member of staff)
- Make an appointment so that time can be allowed to hear your concerns fully.

The Head teacher (or representative) will:

- Wherever possible respond to your complaint immediately OR, where this is not possible
- Investigate your complaint and respond in writing within 10 school days OR
- Invite you to a meeting to explain the outcome.

If you would like further help and support the following organisations offer a range of support

- AntiBullying Network  
[www.antibullying.net](http://www.antibullying.net)
- ChildLine 0800 11 11  
[www.childline.org](http://www.childline.org)
- Kidscape 0845 1205240  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

### **Top Tips if you are being bullied**

- ✓ Ask for help
- ✓ Let people know what is going on - parents, teachers, friends etc.
- ✓ Don't ignore it - you have rights
- ✓ Think positively about yourself
- ✓ Practice being confident.
- ✓ Try not to show you are upset or angry (remember, this is what the bully wants)
- ✓ Be firm and clear - look them in the eye and tell them to stop.
- ✓ Think about what helps and what makes things worse - take some control of the situation.
- ✓ Get away from the situation - just walk away.
- ✓ Avoid situations where you will be alone.
- ✓ Try to avoid places where the bully might be.
- ✓ Keep a record of what is happening.
- ✓ Stay behind after school and tell someone that you feel comfortable telling.

### **ASK FOR HELP**