



Alwoodley Primary School **Anti-Bullying Policy (Child-Friendly)**

What is bullying?

Bullying can be

- Hitting or threatening to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

Bullying can be about

- Race or ethnicity (racist bullying)
- Religion or belief
- Culture or family background
- Sexist bullying which is bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- Homophobic or biphobic bullying is when someone says unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example 'you're so gay!' – Transphobic bullying is bullying someone because they are trans or because you think they are trans or because they have trans family members or friends (trans is a word for people who feel that they were given the wrong 'boy' or 'girl' label when they were a baby).
- People who find it hard to learn something
- People having a disability
- What someone looks like
- Where someone lives

If you think you are being bullied:

DO: Ask them to STOP if you can.

- Use eye contact and tell them to go away.
- Ignore them.
- Walk away and find different friends to play with.
- Talk to any adult in school if you need to, they will ALWAYS be there for you - just tell them!
- Tell a friend and then go with your friend to tell an adult.

DON'T: Do what they say.

- Get angry.
- Show you are upset.
- Hit the person being harmful or unkind.
- Think it is your fault.
- Hide it.

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

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to stop if it is safe to do so.

Don't stay silent – tell someone or the bullying will keep happening.

The Headteacher, the Governors and the staff will work together to:- Make our school a place where everyone can feel safe and happy. That means no bullying allowed. We will help everyone to get on with each other and we believe that everyone has the right to be who they are.