

Aldington Primary School



Child Friendly Anti-Bullying Policy

Key Adults in School

Nominated Member of Staff Responsible for the policy:
(Miss Nicholls, Parent Support Advisor)

Designated Safeguarding Lead (s):

Mr B Dawson, Headteacher

Mrs V Elderton, Deputy Head/Inclusion Manager

Miss C Gates, Deputy Head/Class Teacher

Miss C Nicholls, Parent Support Advisor

Date written:	November 2023
Date of next review:	November 2024

Feeling safe and happy at school

Aldington is a place where everyone has the right to be themselves. It is a place where everyone can feel safe, be happy and learn. Everyone at our school is equal and acts with respect and kindness towards each other. Our school takes bullying very seriously



What is bullying?

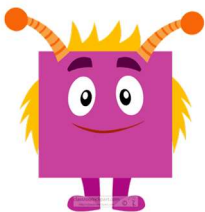
Bullying is when a person is hurtful or unkind to someone else, on purpose and usually more than once. Bullying can be done by one person or by a group of people and it can be towards one person or a group of people. A useful way to remember bullying is;



Types of Bullying

Bullying can be different things, and isn't always hitting and kicking another person.

- **Emotional bullying** is hurting someone's feelings, leaving them out or bossing them about.
- **Physical bullying** is punching, kicking, spitting, hitting or pushing someone
- **Verbal bullying** is teasing someone, calling them names or using hand signs. People can also use verbal bullying to make offensive remarks
- **Cyber bullying** involves sending hurtful or unkind texts, emails or online messages to someone or about someone
- **Prejudice** means bullying someone because of their race, religious beliefs, gender, sexuality, special education need or disability.



If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your family and friends – that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

Bullying can also be done through another person, by one person sending **another person** to say nasty things.

Why does bullying happen?

Although bullying doesn't happen very often at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. Pupils who bully pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember it is not your fault.

Where does bullying happen?



Bullying can happen at school, after school and online

What should I do if I am being bullied?

If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

- **Tell a teacher** – it can be your class teacher, your teaching assistant or any adult within the school who you feel comfortable talking to.
- **Tell a friend you trust.**
- **Tell an adult at home.**
- You can **write a note** and put it in your class worry box.
- You can call **Childline** anytime for free on 0800 1111. They will not tell anyone else about what you have said.



Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.

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

If you see someone else being bullied, it is important that you talk to the person and ask if they are OK and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

Grown-ups can help **stop the bullying** and make that person feel happy again.

You should **never feel scared** to tell someone about bullying. If you tell a teacher or adult at school they will be able to help you. They will tell the headteacher and your parent or carer so that they can help you. Telling an adult will **never make the bullying worse**. They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.

How can I help stop bullying from happening?

We can all help stop bullying in our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **circle time** and **anti-bullying week**.

