

Helpful websites and numbers



Remember that if you are being bullied, you are NOT alone. Here is a list of phone numbers and websites which you can get advice from, as well as looking back on page 8 -‘Who can I tell?’

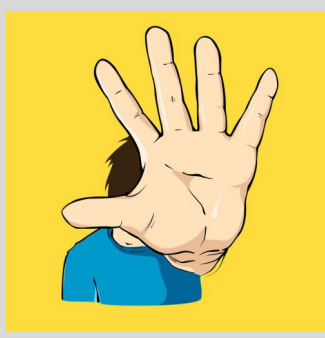
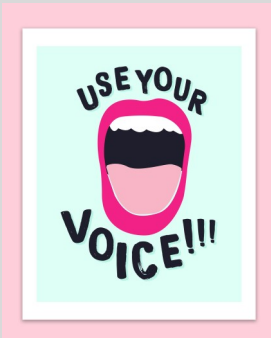
NSPCC: 0808 800 5000 www.anti-bullyingalliance.org.uk

Childline www.childline.org.uk
08088005000



National Bullying Helpline: www.nationalbullyinghelpline.co.uk
0300 323 0169 or 0845 22 55 787

Anti-bullying Alliance: www.anti-bullyingalliance.org.uk



Newbold Primary School
Anti-bullying
Policy for children



*All Newbold we aim to support each other to live, learn and excel together as a Christian community
"Therefore encourage one another and build each other up," 1 Thessalonians 5:11*



Updated January 2024 with School Council

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What will our school do about it?



- ♦
- ♦ **We will always treat bullying seriously.**
- ♦ **We will always be available to listen to you.**
- ♦ **We will talk to the bully and explain that they MUST stop being unkind to you.**
- ♦ **We will ask the bully to apologise**
- ♦ **We will inform the headteacher**
- ♦ **We will give out warnings or sanctions (punishments) and will talk to parents.**
- ♦ **We will try to find a way to make it STOP so that you can feel safe and happy in school.**
- ♦ **We will work together so that we can encourage and build one another up.**
- ♦ **Your teacher will check with you that things have been ok.**



**CHANGE
STARTS
WITH**



Who can I tell?



Who can I tell if I am being bullied?

Use my network hand and select:

- Parents/carers.
- A friend.
- Teachers.
- Peer Mediators.
- Lunch time staff.
- Any other trusted adult.



MOST IMPORTANTLY:-

If you are being bullied:

Start Telling Other People!



What is bullying?



SEVERAL

TIMES

ON

PURPOSE

Types of bullying



It is an action that is repeated that is meant to hurt or harm someone.

Emotional: Hurting someone's feelings, leaving someone out.

Physical: Punching, kicking, spitting hitting, pushing.

Verbal: Being teased, name calling.

Cyber: Sending unkind messages by text, email or online.

Racist: calling names because of the skin colour, or culture .



Why do people bully?

Why do people bully?



As everyone knows, people who bully may have few real friends.

They may have trouble making friends and this could make them be unkind and hurtful to other children.

They may need help in how to be a good friend.



What should I do if someone else is being bullied?



If you see **BULLYING**

TAKE THEM AWAY FROM THE PERSON BULLYING.

WALK AWAY AND TELL AN ADULT

ASK THE KID BEING BULLIED TO JOIN IN AND BE YOUR FRIEND

TELL THEM TO STAY AWAY. NO-ONE DESERVES TO BE BULLIED

BE KIND TO THE KID BEING BULLIED. SHOW THEM YOU CARE

DON'T LAUGH AND JOIN IN

STAND UP AND TELL YOUR TEACHER

Help make Newbold CofE
★ A BULLYING **FREE** SCHOOL! ★

When is it bullying?



IS IT BULLYING?

NOT NICE

When someone says or does something **unintentionally** hurtful and they only do it **once...**
That is **Not Nice**

MEAN

When someone says or does something **intentionally** hurtful and they do it **once...**
That is **Mean**

BULLYING

When someone says or does something **intentionally** hurtful and they **keep** doing it, **over a period of time**, even when you tell them to stop or show them that you are upset...

That is **Bullying**



It's bullying if it is...



What should I do if I'm being bullied?



IF YOU ARE BEING BULLIED

SPEAK
OUT !

- 1 tell someone you trust
- 2 keep a record of whats happening
- 3 don't retaliate
- 4 surround yourself with good people
- 5 don't blame yourself - be proud of who you are