

What is Bullying?

Behaviour by a person or group, usually repeated over time, that deliberately hurts another person or group either physically or emotionally.

Bullying can hurt someone by:

- Hitting, kicking, punching and other actions that hurt people.
- Saying mean, harmful words and hurting people's feelings.
- Using technology like VLE or texting to make people scared or unhappy.

Bullying Can Also Be Emotional:

- Excluding people from games.
- Encouraging other people to exclude them as well.
- Refusing to share things with their victim.

Why Have an Anti-Bullying Policy?



We are committed to being a bully free zone.

We want to stop bullying from ever happening but if it does, we want pupils, staff and parents to know what they can do to get help.

Bullies need help too so this leaflet shows anyone who thinks they might be a bully or being bullied where to get support.

DON'T SUFFER IN SILENCE!

<https://www.childline.org.uk/>
0800 1111

Caversham
Primary
School



Anti-Bullying
Leaflet

Caversham Primary School

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Written by the Caversham Primary
School Council

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Which of Your Rights Are Being Taken Away If You Are Bullied?

Article 16

You have the right to privacy. The law should protect you from attacks against your way of life, your good name, your family and your home.

Article 14

You have the right to think and believe what you want and to practise your religion, as long as you are not stopping other people from enjoying their rights. Parents should guide children on these matters.

What Actions Should You Take If You Think You Are Being Bullied?

- Tell the person that you don't like what they are doing and that you want them to stop.
- If the behaviour continues tell an adult.
- If you do not want to tell someone in person, write your problem and name down and place it in the Worry Box.
- Talk to someone who will understand for example a friend, older brother or sister, school buddy or School Council member.



What Are Your Responsibilities If You Know Someone's Being Bullied?

- Don't ignore it or even enjoy what is happening.
- Help the victim by being kind and insisting the bully stops.
- Seek the help of an adult.
- Ensure that you include people in your own games especially if they look alone or left out. Always allow people to play with you.

HELP

How The School Will Support You:

- The staff will speak to you and your parents.
 - They will also talk to the bully and their parents. They will be asked why they are bullying and helped to stop.
 - If they do not stop, they could be suspended or excluded.
 - Bullies often need help. They may have a problem at home or have been bullied themselves.
 - The school can help these children to sort out their problems and stop bullying.
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