

Longford C of E Primary School

Child-Friendly Anti-Bullying Policy



*'Time to learn, time to **care**,
time for fun'*

What is Bullying?

Bullying is when someone is **upsetting** or **hurting** someone else **on purpose**, **over and over again**

Several
Times
On
Purpose

Types of Bullying:

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, kicking, spitting, hitting, pushing.

Verbal: Being teased, name calling.

Racist: Calling you racist names.

Homophobic: bullying someone because of their sexuality

Sexist: bullying someone because of their sex (whether they are a boy or a girl)

Cyber: Saying unkind things by text, e- mail and social networks

What to do if you're being bullied:

Do:

- Tell them you don't like it and ask them to STOP (if you can)
- Ignore them
- Walk away
- Talk to a trusted adult or friend, who can tell an adult for you
- Use the worry bear if you are scared to talk openly about it
- Visit Mrs Bates at lunchtime, during her wellbeing time

Don't:

- Do what they say
- Get angry
- Hurt them
- Think it is your fault
- Hide it



What to do if you see someone else being bullied:

- don't walk away and ignore it
- tell an adult what you have seen
- tell the bully to stop (if it is safe to do so)
- don't stay silent or the bullying will keep happening



Who can you talk to if you're worried?

- A friend
- Your family
- A teacher
- Teaching assistants
- Lunchtime supervisors
- Robins - your Y6 buddy
- The Head pupils or Class Ambassadors
- Any adult that you trust – both inside and outside of school

Most importantly – TELL SOMEONE!

Head Pupils

They will listen to any worries you have and help you



Buddy System

Robins' children can go to their buddy in Year 6, who will help them.

Buddies keep an eye out to make sure their buddy is okay and will tell an adult if they are worried about them or think they need help.

Our Core School Values:

Kindness

Respect

Empathy

Cooperation

Resilience

We expect everyone at Longford to demonstrate (show) these school values

Useful Websites:

[Bullying UK](#)

[Childline – Bullying & Cyberbullying](#)

[Newsround – Bullying](#)

