



MICKLEY VILLAGE PRIMARY AND NURSERY SCHOOL

CHILD-FRIENDLY ANTI-BULLYING POLICY



Mickley Village Primary and Nursery School is a place where we have the right to be ourselves. We should feel safe, happy and valued as individuals. This policy looks at bullying, and what you can do if you feel you are, or another person is, being bullied.

What is bullying?

A bully is someone who hurts someone **more than once**, by using words or behaviour which is meant to make them upset, nervous or frightened.



What does bullying look like?

Physical bullying is punching, kicking, pushing or spitting.

Emotional bullying is making others feel sad or worried, or leaving them out of games.

Verbal bullying is saying unkind words and name calling. It can be pointing out differences in a mean way, rather than celebrating our differences.

Homophobic means bullying someone because of their sexuality.

Cyber-bullying is sending unkind messages over the internet or by text message. It can also be making others feel left out of online games.

Racist means bullying because of the colour of their skin. It can also mean making fun of someone because of their religion, spirituality or beliefs.

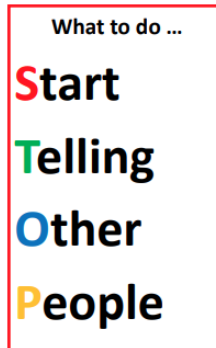
Bullying is not:

- Falling out with a friend.
- Having differences of opinion.
- A one-off physical act of aggression, e.g. pushing someone during a game.
- Hurting somebody accidentally.

We will always take bullying seriously.

What should I do if I am being bullied?

- ✚ Ask the bully to STOP.
- ✚ Try not to react – walk away calmly.
- ✚ **Tell someone** what is happening, like a friend, a member of staff or someone in your family.



Don't:

- ✚ **Don't** get angry and react physically.
- ✚ **Don't** do what the bully says.
- ✚ **Don't** think it's your fault.
- ✚ **Don't** keep it to yourself.



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

You should never walk away or ignore bullying. If you see someone else being bullied, it is important that you **help** them.

- ✚ If it is safe, tell the bully to STOP.
- ✚ Tell a grown-up as soon as you've seen someone being bullied.
- ✚ Don't feel scared to tell someone about bullying.

Who can I tell?

- ✚ Teachers or teaching assistants
- ✚ The head teacher
- ✚ Lunch time staff
- ✚ A friend
- ✚ A member of your family

Speaking to someone will mean that we can make sure the bullying stops and doesn't happen again.

How can I help stop bullying from happening?

- ✚ Help others when they need us
- ✚ Always be respectful towards other people
- ✚ Use kind and positive words
- ✚ Think about other people's feelings before we say or do something – ask myself, “Would I like to be treated like that?”
- ✚ Take part in our Jigsaw lessons and our Project Evolve lessons
- ✚ Listen and contribute during our school assemblies



Here are some other ways you can get information or help:

YOUNGmINDS

- <https://www.youngminds.org.uk/young-person/find-help>

 **ANTI-BULLYING ALLIANCE**

- <https://anti-bullyingalliance.org.uk/>

- <https://www.nspcc.org.uk/>



- Call **Childline** on 0800 1111 or visit childline.org.uk/kids