



Child-Friendly Anti-Bullying Policy: Feeling Safe and Happy at School

Signed by

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[Signature] Chair of Governors

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Feeling safe and happy at school

At Osbournby Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt** or **upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated** on purpose and is meant to **upset** someone.



Types of bullying

Bullying can be different things, and isn't just hitting or 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 be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

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

Cyber bullying involves sending horrid messages over the internet or by text message.

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



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

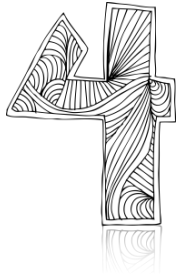
You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

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



You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.



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

If you see someone else being bullied, it is important that you **help** that person.

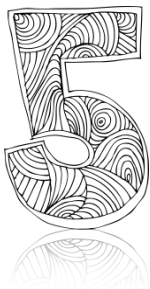
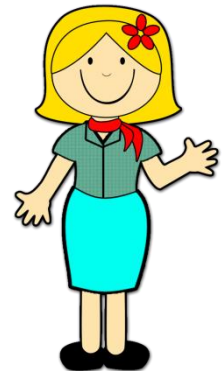
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

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

You should **never feel scared** to tell someone about bullying.



Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

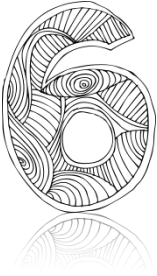
Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.



The list below shows the **grown-ups** at our **school** that you can speak to:

- ✓ Your class teacher
- ✓ Mrs Bide
- ✓ A Teaching Assistant (TA)
- ✓ A dinner lady (MDSA)

- ✓ The office staff
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How can I help stop bullying from happening?

We can all help stop bullying at 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**.



The single most important thing a school can do to prevent bullying is to have a clear policy to which staff, pupils and parents are committed.

AIMS

1. To help prevent bullying.
2. To deal with bullying if it occurs.
3. To support the school's behaviour/discipline policy.

The curriculum is used to:

1. Raise the awareness about bullying behaviour and about the school's anti-bullying policy.
2. Challenge attitudes about bullying behaviour, increase understanding for the bullied pupils and help build an anti-bullying ethos in the school.
3. Through the curriculum it is possible to explore issues such as:
 - What is bullying?
 - What causes people to bully each other?
 - How does it feel to be bullied or to bully?
 - What are the effects of bullying behaviour on bullied pupils, on pupils who bully others, on bystanders?
 - What would our school (our society) be like if bullying was acceptable?
 - Why should we try not to bully each other?
 - What can we do to stop bullying?
 - What moral dilemmas do we face when we are confronted with bullying behaviour?

Preventative Measures

Evidence shows that bullying tends to occur when pupils have free time and we believe that, through the use of purposeful play, where pupils interact with each other, instances of aggression are reduced.

Therefore, it is important to promote purposeful play through positive use of the playground and school grounds/field. This should lead to:

- * Purposeful recreation and play.
- * Increased imaginative play through provision of a variety and range of diverse environments.
- * Improved social skills
- * Improved and positive relationships and communications between pupils, teachers and non-teaching staff through collaborative educational and recreational ventures.

It is important that children should be encouraged to talk to an adult if they have any worries about bullying, or any other issues of concern.

At Osbournby we use a restorative practice approach.

1. Restorative practice is a set of principles and practice that encourages children to take responsibility for their behaviour by thinking through the cases and consequences.
2. Restorative practices centre around a set of key questions that help children think about their behaviour and understand how they can correct it:
 - What happened?
 - What were you thinking and feeling at the time?
 - What have you thought about it since?
 - Who has been affected and in what way?
 - How could things have been done differently?

3. What matters is that the child who has caused harm and the child they harmed are given the space to hold a restorative conversation.

Procedures for Monitoring the Success of the Policy

The headteacher will record all instances of bullying and report to the Governing Body annually.

Every incident of racist bullying is formally recorded and shared with parent/carers.

It is essential that all staff, both teaching and non-teaching, are made aware of this policy. All staff must be vigilant in looking out for cases of bullying, particularly staff on duty at playtimes and lunchtimes.