



# **Anti-Bullying Policy**

# STOP BULLYING

SEE IT - SAY IT - STOP IT

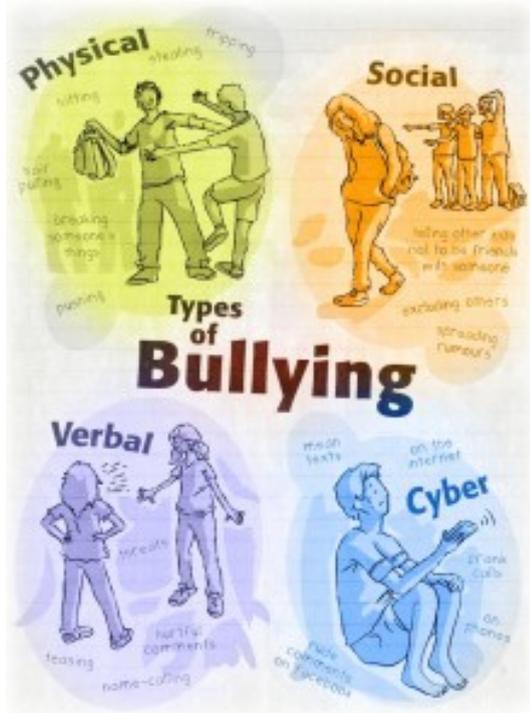
Ponteland Primary School is a place where everyone has the right to be themselves. It's a place where everyone can feel safe, be happy and learn. Everyone at our school is included and acts with **respect, kindness and empathy** towards each other. We understand that everyone is unique and we celebrate our differences. Our school takes bullying very seriously.

## What is bullying?



Bullying is when a person is hurtful or unkind to someone else on purpose and this happens several times. Bullying can be done by one person or a group of people.

# What are the types of bullying?



Physical  
Verbal  
Cyber  
Social

## Bullying can be about...

Bullies often pick on people who are different from themselves. Amongst other things, they may try to make fun of:

- What you look like
- Where you live
- Who you live with
- Your gender
- Your race
- Your religion or beliefs
- Your sexual orientation
- Your gender identity

Although bullying doesn't happen very much at this school, it might happen. Bullies can be older, younger, bigger or smaller than you. Pupils who bully pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is **never** your fault.

## **What should I do if I think someone is being bullied?**

In our school we all take responsibility for keeping each other safe. It is never okay to see someone being bullied and do nothing (being a bystander). You can tell people to stop (become a defender) or you can tell an adult about what has happened. If you think someone is being bullied then talk to the person, ask if they're okay and ask if you can help them talk to a teacher or an adult they trust.

## **What can I do if I am being bullied?**

If you are being bullied it is important to tell someone you trust. Tell an adult or friend, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

1. Tell any adult in school
2. Tell a friend you trust
3. Tell an adult at home
4. Tell your School Council representative
5. You can also call ChildLine at any time for free on 0800 1111

Telling an adult will never make bullying worse. They will talk to you, your parent or carer and the people bullying to find ways to stop the bullying and keep you safe.

## What is *not* bullying?

Although the below can turn into bullying if done repeatedly and purposefully, bullying behaviour is not:

- Teasing between friends without intention to hurt
- Falling out with friends after an argument
- Accidents or 'one-offs'

### Our School Rules and values help us prevent bullying:

- Treat everybody and everything with respect
- Be kind and gentle
- Move calmly and quietly
- Work hard

Respect

Kindness

Empathy

Integrity

