



# Child Friendly Anti-Bullying Policy

Written for our children by our children



Formally adopted by the Governing Board of:-	Fairstead Community Primary and Nursery School
On:-	
Date of next review:-	

## Our Ethos

At Fairstead Community Primary and Nursery School we treat each other with kindness and respect. We believe that bullying is wrong as it makes people feel hurt or afraid and may have a deep impact. We aim to tackle bullying by trying to prevent it from happening in the first place and by tackling it consistently, fairly and effectively when it does.



## What is bullying?

We believe that bullying is an unwanted hurtful and upsetting behaviour towards another child that is constant, intentional and repeated over time.

## Types of bullying:

**Physical** – use of physical actions to hurt an individual such as shoving, pushing, punching, kicking, spitting.

**Racist** – making fun, singling out or making hurtful comments because of an individual's skin colour, religion, culture or accent.

**Cyber** – using electronic communication to be hurtful towards another individual such as sending mean photos or memes, hurtful messages, spreading rumours or ganging up on someone online.

**Verbal** – using hurtful words or hand gestures such as insulting someone, name calling, teasing, shouting at them, laughing or spreading rumours.

**Homophobic** – making fun, singling out or making hurtful comments because of someone's sexuality.

**Sexist** – making fun, singling out or making hurtful comments because of someone's gender.

**Disabilities** – making fun, singling out or making hurtful comments because of someone's disabilities whether physical or educational.



## Bullying as a group activity



## What should I do if I am being bullied?

**Ask  
them to  
stop**

**Walk  
away**

**Tell an  
adult**

- Say to them if they do not stop it you will tell an adult
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### Do not:

- Kick or punch them back
- Say hurtful things back
- Be a bystander
- Smile/laugh/encourage the bully
- Join in

## What is a bystander?

A bystander is someone who witnesses the bullying but does not take part.

**What can I do if I am a bystander:**

- Tell an adult – teacher, TA or other
- Invite the upset child to play
- Ask the bully to stop
- Be a good role model
- Tell a family member

**Who can I speak to/where can I get advice?**

- An adult
- Parents
- Friends
- Family
- Child line – 0800 1111
- [www.bullying.co.uk](http://www.bullying.co.uk)
- <https://anti-bullyingalliance.org.uk/>
- [www.kidscape.org.uk](http://www.kidscape.org.uk)
- Brother or sister
- Cousins
- Grandad, grandma

## Be a Buddy not a Bully

