

NCJPS



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

February 2024

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Feeling safe and happy at school

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Feeling safe and happy at school

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

Our school is a place where people have the right to be themselves, to be included and to learn in a safe and happy environment. Everybody at our school is equal and treats each other with respect and kindness.

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.



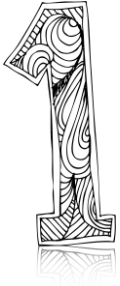
Signed by:

M. Wood

Headteacher

February 2024

Date:



What is bullying?

A bully is someone who **hurts** another person, usually **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.

Bullying of any kind is unacceptable and will not be tolerated at our school.



Types of bullying

Bullying is a type of abuse that takes place when someone tries to hurt another person on purpose. People can be bullied in many different ways:

Emotional bullying includes hurting someone's feelings, by leaving them out or bossing them about. People can sometimes use emotional bullying to take advantage of you to get their own way by making threats or making you feel like you have to do something for them.

Physical bullying can include hitting, kicking, shaking, biting, hair pulling or purposely hurting someone.

Verbal bullying can include insulting someone because of how they look or because of their personality, and can often go beyond that. People can also use verbal bullying to be **racist, sexist** or **LGBTphobic**.

Racist bullying is bullying someone because of their race, skin colour, the country they are from or the religion they believe in

LGBTphobic bullying means bullying someone because of their LGBT+ identity; calling someone gay, lesbian, bi or trans to hurt their feelings would be LGBTphobic.

Homophobic or biphobic bullying means bullying someone because of their sexuality; calling someone gay, lesbian or bi to hurt their feelings would be homophobic/biphobic.

Transphobic bullying means bullying someone because of their gender identity; for example, calling someone trans to hurt their feelings would be transphobic. Misgendering someone on purpose to hurt their feelings would also be transphobic. **Sexist bullying** is bullying someone because of their gender; bullying someone because they are a boy or a girl would be sexist.

Cyberbullying includes any kind of bullying which takes place online; cyberbullies send insulting messages over the internet and sometimes share secret information online to hurt someone's feelings.

Bullying is not always done by one person and can often involve a group of people 'ganging up' on someone – if you ever see someone being bullied, **never** join in and **always** tell a teacher.

The bully could be one of your peers, an older or younger child or an adult. It's important that you tell someone if you think you are being bullied.



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:

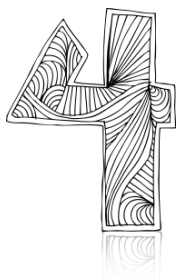
- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

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.

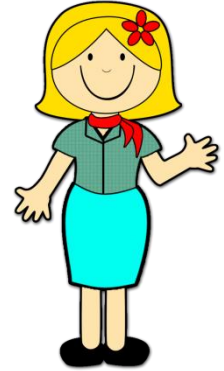
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

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.

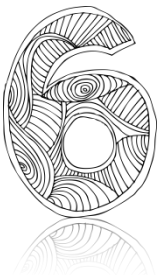
Speaking to someone like your **parents, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.



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

Mr Woolf
Mrs Becker
Mr Lee
Mrs Shepherd
Mrs Chein

You can speak **to any other** adult in school.



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.

- Reminding yourself that you are part of the North Cheshire Family and we are a School Built on Kindness
- Remembering and practising our school Values (Resilience, Empathy, Self-awareness, Positivity, Excellence, Communication & Teamwork)
- Taking part in **circle time**. **PSHE** lessons as well as celebrating **Anti-Bullying Week**.

