

# Child Friendly Anti-Bullying Policy The Horsell Village School



## What is Bullying?

Bullying is a behaviour that can hurt you on the inside or on the outside.

It hurts you on the outside by hurting you physically and it can hurt you on the inside by things that are said on purpose that hurt your feelings.

This unkind behaviour is repeated over time and is not the same as falling out with your friends.

01



## 02 Types of bullying behaviour

Bullying can be:

- Emotional: Hurting peoples feelings, leaving you out.
- Physical: Punching, kicking, spitting, hitting and pushing.
- Verbal: Saying unkind things teasing and name calling.
- Cyber: Saying unkind things by text, email, online and through games.
- Prejudice: Calling you names and saying unkind things because of the colour of your skin or because of what you believe.

## 03 When it is bullying?

A useful way to remember what bullying means is to use **STOP**

**S** Several  
**T** Times  
**O** On  
**P** Purpose

## 04 What should I do?

If you think you are being bullied, remember **STOP**

**S** Start  
**T** Telling  
**O** Other  
**P** People

If you think you are being bullied or you think someone else is being bullied:

- Ask them to **STOP** if you can.
- Walk away to a safe place if you can.
- Talk to any member of staff.- they will help you
- Try not to do what they say.
- Try not to hurt them back.

## 05 Who can I tell?



Parents & carers



A teacher



Adults around school



Friends



Someone else I know & trust

If someone is making you sad through their actions inside or outside of school tell someone.

## 06 What if bullying does happen?

We will talk to the person / people and help them to understand why their actions are so hurtful. We will speak with both your families so we can work together to help everyone learn how to show 'kindness to others'

Staff will help them change their behaviour so everyone can feel happy and safe again.