



The Pupils' Anti-Bullying Policy

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Written by Clapgate Primary School's School Council



Why are we writing this?

" So, then people can stop bullying and hurting other people's feelings."- Olivia, Year 3

" We are doing this policy to stop different types of bullying in school."- Ludo, Year 4

" We are doing a re-write of the adult Anti-Bullying Policy because we want children to know what to do when they feel bullied and know who to talk to and why you shouldn't bully."- Rosette, Year 5

" We want to stop bullying and make children be aware of Anti-Bullying."- Harry, Year 6.

What is bullying?

Bullying is something you should NEVER do to someone else, as it is mean and would hurt them. It is **deliberate** and happens **SEVERAL TIMES ON PURPOSE**. Remember hitting or calling someone names once is not bullying, but we still do not accept this bad behaviour in school.

We believe that bullying is never the right thing to do because you wouldn't like it if someone was unkind to you. Some people are bullied for being different, but our **differences are amazing and should be celebrated!** Being different is never a problem, but bullying people is.

Here are some types of bullying:

Verbal bullying	When someone uses words to hurt another person.
Physical bullying	When someone uses their body to hurt someone. This can be shoving them, tripping them up, hitting them or punching them.
Cyber-bullying	Cyberbullying is bullying which happens online, such as on a phone or a computer.
Emotional bullying	When using bad words to humiliate someone, mock them or exclude them.
Racism	When people are treated unfairly because the colour of their skin or faith.



Bullying is hurtful and can really affect people's mental health

What is mental health? How can bullying affect your mental health?

Mental Health is how your brain feels and how your body reacts to it. You can have good mental health, which means you're happy. But, bullying results in negative mental health, which can hurt your brain and body.

What are the signs on bullying?



How to recognise the signs of bullying



Physical attributes



Loss of appetite



Unexplained cuts & bruises



Not sleeping



Bed wetting

Emotional attributes



Anxiety



Stress



Depression



Aggression

Social attributes

alone



Avoidance of places (school or social activities)



Very few friends



Isolation



Avoidance of social media

What do we want our school to be like?

- Everyone to be kind, respectful, responsible and ready.
- Be a nice, supportive and big community.
- Welcome new people and be kind!

Who can you talk to if you're being bullied?

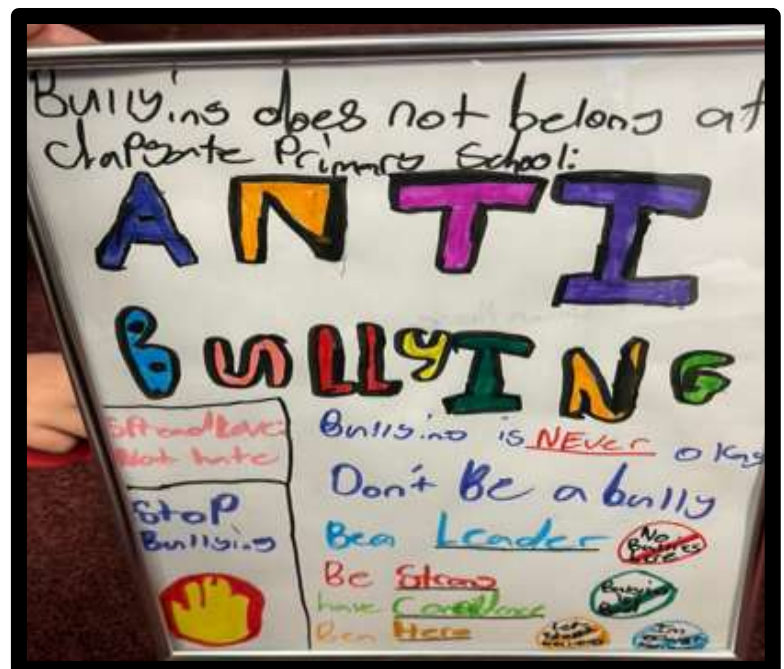
Teachers, parents, family members, friends, and our designated safeguarding leads (wearing green lanyards)

What can you do if you or someone else is being bullied?

- Don't walk away! Always tell a trusted adult or friend what is happening so they know about the situation and can get help.
- In school- remember *ALL* teachers are here to help you!
- Don't stay silent **STAND UP** to bullies **OR THE BULLYING WILL KEEP HAPPENING!**

How do we prevent bullying?

- Children get warnings and consequences if they're doing something harmful to others. This means that teachers can speak to people who are about to become a bully and help to make sure they stop!



- There are always teachers around who are there to help and can tell you what to do if you are being bullied.

- There are lots of friendly faces in school who are always there to help. The hardest thing is to tell someone what is happening, but once you do it can get better!
- Clapgate has golden threads which run throughout school, one of which is **humanity**. It means that everyone is kind to each other and treats one another with respect. If s someone is not being treated this way, our school takes it very seriously and does everything it can to help.

A final message from us!

- Understand what bullying means.
- Do not be a bully.
- Be kind and brave.
- Show RESPECT!
- Always be a good friend.
- Clapgate is a team, so let's support each other!

From your School Council.

