



John Ray Junior School

Child version of the anti-bullying policy

All different, all welcome

School statement on bullying

This school is a place where **everyone is welcome** and where we celebrate differences. It's a place where everyone has the right to:

- Learn
- Be safe and feel safe
- Respect

Our school takes bullying very seriously.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else on purpose and usually more than once. Bullying can be done by one person or by a group of people. This is a useful way to remember what bullying is:

Several

Times

On

Purpose

bullying can be:

- **Physical** - hitting, kicking, punching, spitting, pushing, scaring, scratching, biting, spitting, tripping, throwing things at someone.
- **Cyber** - saying mean things about someone's appearance in photos online, texting/emailing threats, spreading rumours, calling someone names. Sending hurtful or unkind texts, emails, images, emojis, videos, voice notes or online messages to someone or about someone.
- **Emotional** - laughing at people, making fun of them, saying they are no good at something, excluding people from playing, saying unkind things about their appearance, saying someone has something wrong with them that can be passed on if they touch you, being rude to someone, running away from them, threatening to hurt someone.
- **Verbal** - saying someone is not a friend and they cannot play or join in (excluding), shouting at them, calling them names, saying they are not good at something, being rude to a person about them or their family.
- **Indirect** - leaving someone out of your friendship group, whispering and looking at someone, moving away from people, telling lies about someone, spreading rumours.

Bullying can be about:

- Race or ethnicity
- Religion or belief
- Family or culture
- Gender identity
- Additional needs or disability
- What someone looks like
- Where someone lives or who they live with
- Who they like or love

If someone is being unkind to you several times on purpose, for whatever reason, whether it is about you, your family or friends, that is bullying. No-one should be picked on for being different in anyway.

Why does bullying happen?

Although bullying doesn't happen very much at this school, it might happen. Children who bully can be older, younger, bigger or smaller than you. Children 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.**

Where does bullying happen?

Bullying can happen outside of school, in school an online. Wherever it happens, it is not ok.

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

In our school we all take responsibility in keeping each other safe. It is never OK to see someone being bullied and do nothing (being a bystander). You can:

- tell people to stop (become a defender)**and**
- 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.

Never put yourself in danger.

What should I do if I'm 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:
- Tell a teacher or write them a note
- Tell a friend you trust
- Tell any other adult staff in school
- Tell an adult at home

You can also contact:

- ChildLine for free by phoning 0800 1111.
- The Anti-bullying Alliance www.anti-bullyingalliance.org.uk
- Bullying Online www.bullying.co.uk
- Kidscape www.kidscape.org.uk