



Anti-Bullying Policy

At St Alban's we value courage. It takes courage to speak out if someone is treating you badly. Whether you tell the person that is being unkind or a trusted adult, speaking up is courageous. It also takes courage to stand up for someone who is being treated unfairly.

At St Alban's Primary School, we want to make sure that you feel safe, happy and looked after in and out of school.

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 that someone else is being bullied.

We can help you by:

1. Helping you to know what bullying is.
2. Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
3. Telling you the names of grown-ups that you can speak to.



1

What is bullying?

A bully is someone who hurts another person more than once, by using behaviour that 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.

2

Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality calling someone gay or lesbian can be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through another person, by one person sending another person to say nasty things.



What should I do if I'm being bullied?

If you are being bullied, the first thing you should do is tell the bully to stop. If this is not an option for you then follow the steps below.

- Make eye contact and tell the bully to leave you alone (sometimes this may be difficult).
- Ignore the bully and walk away.
- Tell a friend.
- **You must tell grown-up, such as your parent, carer or teacher.**

You should try not to:

- Do what the bully says.
- Believe what the bully says – this is not the truth.
- Get angry and fight back.

Always remember that if you are being bullied, it is not your fault and you are never alone.

You should talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop.

4

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.

Do not ignore the bullying if you see someone else being bullied. We must take courage and fight for justice.

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 support the person being bullied.

You should always tell someone about bullying.



How can I help stop bullying from happening?



We can all help stop bullying at St Alban's 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.