



POULTON ST CHAD'S
CHURCH OF ENGLAND
PRIMARY SCHOOL

LOVE LEARNING. LOVE GOD. LOVE ONE ANOTHER.

Child Friendly Anti-Bullying Policy

Issue Number	Date	Author	Approver	Changes
1	September 23	School Council alongside M.Blackburn		Newly Written

What is bullying?

Several
Times
On
Purpose



At Poulton St Chad's Church Of England Primary School a bully is defined as someone who hurts someone more than once (constantly). A bully is also someone who deliberately uses behaviour which is meant to hurt, frighten or upset another person.

Types of Bullying

Emotional: Hurting people's feelings, leaving you out, making you feel bad.

Physical: Punching, kicking, spitting, pushing, theft.

Verbal: Being teased, name calling, being rude.

Racist: Calling you racist names, graffiti.

Cyber: Saying unkind things by text, email, social media.

Remember that you may say something to someone to try and be funny but they may not think that it is funny and it may actually be hurtful to that person.

Think before you speak!

Who can I tell?

- ✓ **ANY ADULT IN SCHOOL**
- ✓ A family member
- ✓ Member of School Council
- ✓ A friend
- ✓ Someone you trust
- ✓ Anybody near you

ALWAYS TELL SOMEONE!

MOST IMPORTANTLY

If you feel you are being bullied:

Start
Telling
Other
People

If you are bullied:

Do

- ✓ Ask them to stop if you can.
- ✓ Use eye contact and say stop
- ✓ Ignore them.
- ✓ Walk away.
- ✓ **ALWAYS TELL SOMEONE!**



DON'T

- ✗ Do what they say.
- ✗ Get angry and retaliate.
- ✗ Hit them.
- ✗ Think that it is your fault.
- ✗ Hide it from everyone.

What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- **ALWAYS TELL SOMEONE.**

EVERYONE at Poulton St Chad's will work together to:

- Help everyone to get on with each other as we believe that everyone has the right to feel safe and be themselves.
- Make our school a place where everyone can feel happy. That means that no bullying is allowed.