

### What does bullying mean?

Bullying is when one person or lots of people, hurt another person or they are mean more than once.



### How can you help?

Always tell an adult if you think you are being bullied.  
Always follow classroom rules.  
Be a good friend to everybody.  
Stand up for your friends if they are being bullied and tell a grown up.



## Downton Primary School Children's Anti-Bullying Policy

This is a policy. A policy is a list of things that all adults and children must do when they are at school. This policy is about bullying, what bullying is and what you should do if you think you are being bullied. Downton is a happy school where pupils and staff feel valued and respected. It is a school where we are proud to celebrate our differences. This policy helps us to be happy.

### At school you should feel...

- **Happy**
- Safe and cared for.
- That you won't get hurt by other people.
- That you can tell a grown up if you are being bullied.
- That you have friends who stand up for you and stick together.
- That you can trust other people.

### What is bullying?

Bullying could be...

- Calling someone nasty names.
- Teasing in an unkind way.
- Kicking or hitting.
- Not letting people play in your game on purpose.
- Taking other people's belongings.
- Saying nasty things about other people
- Being mean or unkind to others online

Bullying is when this happens regularly or more than once.

### What will happen to you?

- ✓ The school will listen to you tell them about what has happened.
- ✓ The school will help you.
- ✓ The school will help you to decide what to do next.
- ✓ The school will believe you, as long as you are telling the truth.
- ✓ The school will continue to check that the person is not bullying again.

### What will happen to the bully?

They will be asked why they are bullying.

An adult will explain why it is wrong to bully and talk about making better choices. With an adult they will decide what to do next, so they never bully again.

### If you think you are being bullied...

You must tell a grown-up; it doesn't have to be your class teacher. The grown up will then tell Mrs Carlton who will talk to the person who is bullying you.

