



Anti-Bullying Policy

Bullying is where someone does something hurtful to another over and over again.

It is meant to hurt someone's feelings or physically hurt them.

There are many types of bullying

It is not a tease or a joke, it's serious and a safe grown up needs to know.

If you don't like what the "bully" is doing, ask them to stop and if they don't stop, you should tell the teacher.

WHAT IS BULLYING?

A fall out with a friend.

An accident.

Something that happens only one time.

A one off physical act of aggression e.g. pushing someone.

BULLYING IS NOT:

STOP!

Several

Times

On

Purpose

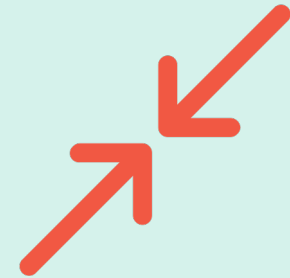
TYPES OF BULLYING:



Physical: e.g. pushing, hitting, kicking



Verbal: e.g. name calling



Indirect: e.g. online, being left out

WHAT TO DO IF
YOU'RE BEING
BULLIED:



DO:

- Ask them to stop
- Use eye contact and tell them to go away
- Ignore them and walk away
- Act as though you don't care what they say or do
- Talk to a friend or Friendship Ambassador
- Tell someone and get help straight away
- Use the Friendship Ambassador's Box if you are too worried to speak openly about what is happening
- Remember it is NOT your fault

DON'T:

- Get angry or fight back—try not to react
- Hit them
- Think it's your fault
- Hide it
- Do as the bully says

Start

Telling

Other

People

STOP!

WHAT SHOULD YOU DO IF YOU SEE SOMEONE BEING BULLIED?

Tell an adult straight away. Don't stay silent or the bullying will keep happening.

Tell the bully to STOP if it is safe to do so. However, don't get too involved as you might get hurt or could end up in trouble yourself.

Comfort the person who has been a victim of bullying and tell them to speak to someone.

Reassure them that it isn't their fault.

HOW DO FRIENDSHIP AMBASSADORS HELP?

Ambassadors are on duty everyone lunch and break times.

They can listen and help you solve friendship problems

They will help you tell an adult.

They will reassure you that friendship problems will be solved.

Work with Mrs Carr to prevent bullying at Saint Joseph's

Run projects to improve wellbeing and encourage positive friendships

Make you feel safe.

WHAT WILL HAPPEN IF I TELL SOMEONE I AM BEING BULLIED?

What will happen to you

Mrs Carr will listen to everyone involved.

Mrs Carr will investigate fully.

Child (or children) will be reminded we expect the bullying to stop.

Mrs Carr will speak to parents.

Possible meeting with bully (if appropriate)

Regular check ins from Mrs Carr and/or class teacher.

Plans/changes in place to prevent incidents happening again - if necessary.

What will happen to the 'bully'

Mrs Carr will listen to everyone involved.

Mrs Carr will investigate fully.

Mrs Carr will remind child (or children) that bullying is not acceptable and we expect it to stop.

The behaviour policy will be followed (steps).

Possible meeting with victim (if appropriate)

Mrs Carr will speak to parents.

Further sanctions if necessary (e.g. loss of privileges, exclusion)

Regular check ins from Mrs Carr and/or class teacher.



USE YOUR HELPING HAND AND
TALK TO SOMEONE YOU TRUST

Who are your 5 people?

Parent
Friends
Family
Teacher
Mrs Carr

