



One Page Anti Bullying Policy

Inspire tomorrow...today!

What is a bully??

A bully is someone who hurts another person on purpose by using behaviour which is meant to hurt, frighten or upset that person. It is never acceptable to hurt or harm others.

Bullying can be...

Emotional: Hurting your feelings, leaving you out

Physical: Punching, kicking, spitting, hitting

Verbal: Being teased, being called names

Racist: Name calling because of your skin colour or religion

Cyber: Saying unkind things by text, email and online

When is it bullying?

We use the STOP meaning.

Several

Times

On

Purpose

Our promise to you is to ALWAYS treat bullying seriously.

You have the right to feel happy and safe at Claregate.

Who can I tell?

- Any trusted adult in school, e.g. your teacher, your teaching assistant, a lunchtime supervisor.
- An adult at home such as your such as your parent/carer
- A friend

If you are being bullied...

Start Telling Other People

What will happen if you bully?

You must take responsibility for your actions and accept the consequences of those actions, apologies go a long way.

You need to take steps to repair the harm and upset that you have caused.

You need to talk to an adult about your actions to find ways we can help you express yourself in a better way