

# St. Philip's Catholic Primary School



## ANTI-BULLYING POLICY for PUPILS

**We take bullying very seriously in our school because:**

- Bullying makes people unhappy and it has a long lasting effect on the victim.
- Bullying affects your ability to learn.
- Bullying affects your ability to make and keep friends.
- Bullying affects everyone who is involved in it; pupils, parents and teachers.

## WHAT IS BULLYING?

Bullying is different from teasing because it is **UNFRIENDLY, UNWANTED** and **ONGOING** behaviour towards another person, even if they are a friend. Bullying can hurt, threaten and frighten the person it is aimed at. Here are some examples of bullying behaviour:

- Leaving someone out, ignoring on purpose for no reason.
- Using cruel nicknames.
- Personal insults about how you look, your family, your race, your gender or religion.
- Spreading rumours, **whether they are true or not.**
- **Writing** hurtful things about someone anywhere: on paper, through texts, e-mails, instant messaging or on social networking sites.
- Making threats.
- Being unfriendly.
- Tormenting someone.
- **Unwanted physical contact of any kind.**

*If you are not sure if you are being bullied or teased, just ask yourself "Has it happened more than once?" and "Did it hurt my feelings?" If both answers are 'yes', then it is a form of bullying, even if the person was 'only joking'.*

## WHY SHOULD I TELL IF I KNOW OF BULLYING BEHAVIOUR?

**If you keep silent:**

- The bullying could carry on and get worse.
- The bully could bully other people.
- The bully would not get help.

## WHERE CAN BULLYING TAKE PLACE?

In classrooms, in corridors, in the hall at breaktime, in playgrounds, on the way to and from school, on the bus, on the telephone, mobile phone or computer.

**HOW CAN WE STOP BULLYING BEHAVIOUR ?**  
**WE HAVE A RESPONSIBILITY TO PROTECT EACH OTHER.**  
**If you are being verbally bullied you can:**

- **TELL the bully to stop – 1<sup>st</sup> warning.**

*“I want you to stop doing that because it makes me feel angry/upset.”*

- **If it carries on give the bully a 2<sup>nd</sup> warning.**

*“I don’t like it. If you don’t stop, I will tell a teacher (name the teacher.)”*

- **If it carries on, TELL SOMEONE.** This can be a friend, brother, sister, parent or teacher.
- If you do not want to speak to a member of staff in person at first, we have Friendship Boxes around the school, where you can take a form away with you, fill it in and return it to the box.
- Your class teacher will then offer you a list of options about how you want us to deal with the bullying in school. You will be kept informed of any action that we take.

**The school will:**

- Listen and be aware
- Mediate
- Inform parents
- Be consistent and fair
- Ensure the person who has hurt someone else makes amends.