

# **St Luke's RC Primary School**

## **Children's Anti-Bullying Policy**



**“At St. Luke’s School we follow the example of Christ by being God’s disciples here on Earth. We strive to be the best that we can be, to do the best that we can do and to make God proud.”**

## Our Values

Everyone has the right to:

- be happy, safe and secure in school at all times
- be listened to and treated fairly and sensitively.

## What is bullying?

*'Bullying is when someone says or does something intentionally hurtful and they keep doing it over time, even when you tell them to stop or when their actions are upsetting you.'*

### Verbal Bullying



### Physical Bullying



### Indirect Bullying



### Online Bullying



<b>Types of bullying</b>	<b>Examples</b>
<b>Physical</b>	<ul style="list-style-type: none"> <li>• Hitting</li> <li>• Kicking</li> <li>• Pushing</li> <li>• Punching</li> <li>• Pinching</li> <li>• Damaging property</li> <li>• Unwanted physical contact</li> <li>• Any use of violence</li> </ul>
<b>Verbal</b>	<ul style="list-style-type: none"> <li>• Name calling</li> <li>• Insults</li> <li>• Teasing</li> <li>• Intimidation</li> <li>• Homophobic or racist remarks</li> <li>• Sexually abusive comments</li> </ul>
<b>Indirect</b>	<ul style="list-style-type: none"> <li>• Being unfriendly</li> <li>• Excluding</li> <li>• Tormenting (e.g. hiding books/threatening gestures)</li> <li>• Lying and spreading rumours</li> <li>• Negative facial or physical gestures</li> <li>• Playing nasty jokes to embarrass or humiliate</li> </ul>
<b>Cyber</b>	<ul style="list-style-type: none"> <li>• Abusive or hurtful texts, emails or posts, images or videos</li> <li>• Deliberately excluding others online</li> <li>• Dissing someone online</li> <li>• Online fights using electronic messages or voice messages with angry and vulgar language</li> </ul>

What should I do if I'm being bullied?

In our school we do not accept any kind of bullying. Bullying is **NOT ACCEPTABLE** and it is **EVERYONE'S** responsibility to prevent bullying.

# What should I do if I'm being bullied?



Follow the ...



**STOP**

**Start Telling Other People**

# What do I do if I see someone being bullied?



Lend ...



God has chosen us to help one another.

## **Who Can I Tell?**

Telling someone about bullying can be difficult but if nobody knows it is happening, nobody can help. We all need to support each other and understand that it is ok to speak out.

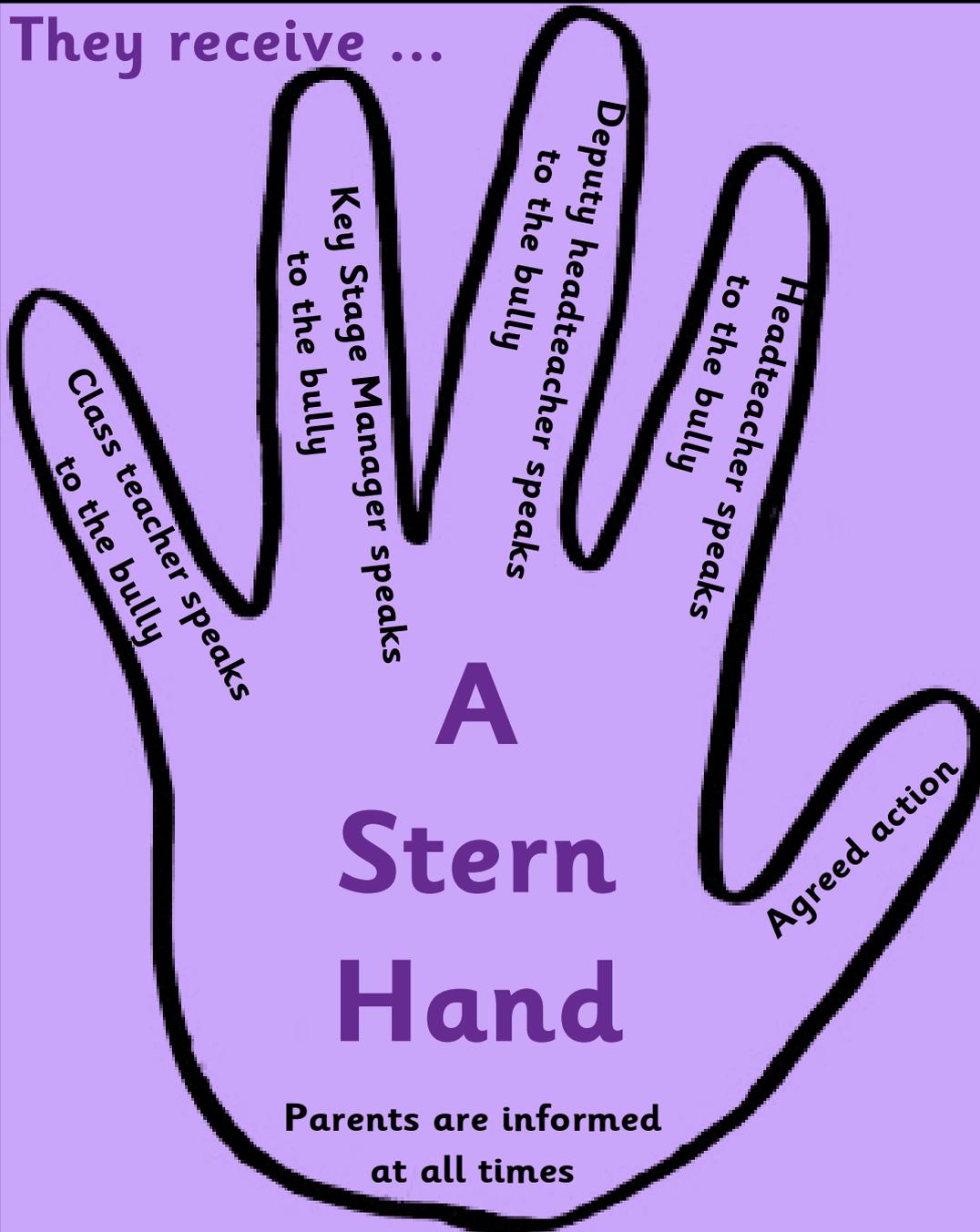
- **Your class teacher:** This is probably the teacher who knows you best and can give you support every day. He or she can deal with the problem with you.
- **Any other staff or classroom teachers:** This could be anyone in school that you trust.
- **A friend:** Sometimes just talking about it helps. Your friends can look out for you and make sure that you are not alone.
- **An older pupil:** This could be anyone who is older and more confident.
- **A parent or a grown up:** you can trust. If you don't want to talk to anyone at school, tell someone at home. They can help you decide what to do next or talk to teachers on your behalf.

**If you tell someone but you are still not happy with what is happening, tell someone else. Don't give up!**

# What happens to bullies at St Luke's?



They receive ...



**Bullying is NOT acceptable in our school.**

If you feel you are being bullied remember...

**Start Telling Other People**