

Hart Plain Junior School Child Friendly Anti-Bullying Policy

Our Vision:

At Hart Plain Junior School, we foster a lifetime love of learning, where children acquire the knowledge, skills, resilience and heart to pursue and achieve their individual dreams.

Our Core Values:

Integrity - We do the right thing and make responsible choices even when it is difficult.

Happiness - We know what makes us happier and how to make our community a better place for all.

Aspiration - We strive to succeed and to be the very best we can in order to achieve our goals.

Respect - We treat others as we would like them to treat us and celebrate our differences.

Courage - We have the bravery to tackle the challenges of life and face them head on.

What is bullying?

Bullying is when a person is unkind or hurtful to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be done towards one person or a group of people.

A useful way to remember bullying is:

Several*

Times

On

Purpose



Bullying can
be:

- Hitting or threatening to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

*Several means 'more than twice'.

Bullying can be about:



- Race or ethnicity (racist bullying)
- Religion or belief
- Family and culture
- Special educational needs or disability
- What someone looks like
- Where someone lives
- Sexist bullying, which is bullying someone because they are a boy or a girl, or saying they are acting like a boy or a girl
- Homophobic or biphobic bullying. This is saying unkind things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling somebody lesbian, gay or bisexual on purpose to be unkind or nasty to someone.
- Transphobic bullying. This is saying unkind things because someone is trans or non-binary, or because you think they're trans or non-binary, or being nasty about trans or non-binary people

If someone is being unkind or hurtful to you **S**everal **I**times **O**n **P**urpose, for whatever reason, that is bullying.
No one should be picked on for being different in any way – not for how they look, how they act or who their family are.



Why does bullying happen?

Although bullying doesn't happen very much at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.



Bullying can happen at school, after school and online

What should I do if I'm being bullied?

If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

- **Tell a teacher – your class teacher or any other adult in school who you feel comfortable talking to**
- **Tell a buddy, prefect or Young Governor who will be able to help you**
- **Tell an adult at home**
- **You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said**



If you tell a teacher or an adult at school they will be able to help you. They may tell another teacher like your class teacher, or a parent or carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.