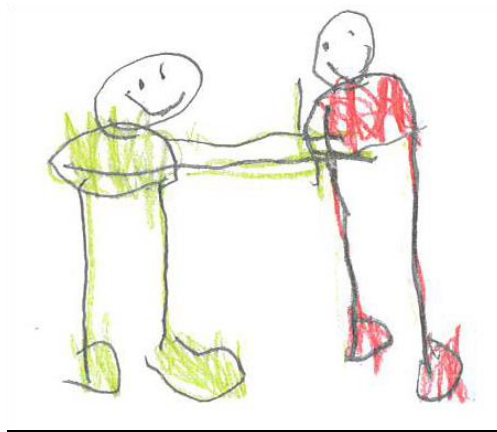




Feeling safe and happy at school



At St Martin's Catholic Primary School , we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied
- Telling you names of grown-ups that you can speak to.

What is bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

At our school we define bullying as being ‘ **The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological.**

It can happen face to face or online.’

It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs.

People can also use verbal bullying to be racist or homophobic.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through another person, by one person sending another person to say nasty things.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to stop.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.



- Tell a grown-up, such as your parent, carer or teacher.

You should try not to:

- Do what the bully says.
- Let what the bully says or does upset you.
- Get angry or hit them.

Always remember that if you are being bullied, it is not your fault and you are never alone.

You shouldn't be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop.

What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you help that person.

You should never walk away and ignore the bullying if you see someone else being bullied, because the bully will keep on upsetting that person. If you can, and it is safe, tell the bully to stop, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can stop the bullying and make that person feel happy again.

You should never feel scared to tell someone about bullying.

Remember :

