



At Crabbs Cross Academy:

-  We listen and take bullying very seriously.
-  We take immediate action to make sure the bullying stops and everyone is safe.
-  We support and listen to everyone involved.
-  We deal with bullying behaviour and make sure that everyone understands why it is wrong.
-  We take steps to protect and support children who have been bullied or feel unsafe in any way.
-  We work with children who have bullied to change their behaviour.

YOUR RESPONSIBILITIES

- To talk to an adult when things are difficult.
- To listen to other people and to the adults trying to help you.
- To be honest.
- To look after each other, not just your friends but everyone in school.
- To be polite.
- To do your best.

YOUR RIGHTS

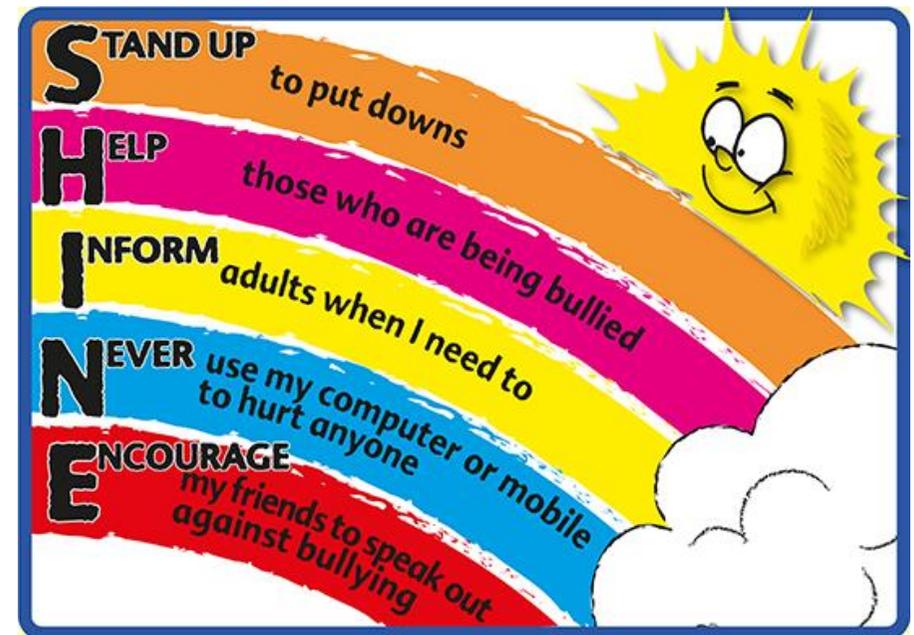
- You have the right to feel safe and not to feel afraid.
- You have the right to know that your feelings matter.
- You have the right to be happy and enjoy school.
- You have the right to be heard and to make the right choices.



ANTI-BULLYING POLICY

“TOGETHER WE CAN

STOP & SHINE”



What is Bullying?

SEVERAL

TIMES

ON

PURPOSE

In our school, bullying is hurting someone, more than once, on purpose by using behaviour or words or which are meant to frighten, hurt or upset another person.

Bullying can be...

Emotional: Hurting people's feelings, or leaving you out.

Physical: Punching, kicking, spitting, hitting or pushing.

Verbal: Being teased, name calling.

Written: Letters, notes, graffiti.

Cyber: Saying unkind things by text, email and on the internet.

What do I do if I am being bullied?

MAKE IT STOP! THE FIRST STEP IS...

START **T**ELLING **O**THER **P**EOPLE

REMEMBER IT IS **NOT** YOUR FAULT.

DO

- ✓ Tell someone straight away.
- ✓ Ask them to **STOP**.
- ✓ Ignore them.
- ✓ Walk away.
- ✓ Act as though you don't care what they say or do.



DON'T

- ✗ Do what they say.
- ✗ Show that you are upset.
- ✗ Get angry.
- ✗ Hit them.
- ✗ Keep it to yourself.



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

- ✓ Help and support them by getting help from an adult quickly.
- ✗ Don't just walk away and ignore the bullying, as staying silent means that the bullying will keep happening.

