

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

- Tell an adult straight away and your nearest AB Star
- Don't try and get involved—you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening

The Headteacher, Governors and the staff will work together to:-

- Make our school a place where everyone can feel safe and happy, That means No Bullies Allowed
- We will help everyone to get on with each other and we believe that everyone has the **right** to be who they are, **enjoy** coming to school and to feel **safe** whilst they are here.

What will happen to a bully?

- Teachers will get involved to help you solve problems. They may give out warnings, **yellow** or **red** cards and may even contact parents.
- Staff may use restorative strategies to help resolve any conflict.

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Anti-Bullying Policy -Child Version-



*“Every child has a right to feel safe” - Article 19
“Every child has a right to an education” - Article 28
“Every child has a right to relax and play” - Article 31*

This policy was reviewed:
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What is Bullying and Harassment?

A bully is someone who 'hurts' or 'harasses' someone else by behaving in a way which is intended to cause harm or distress to another. It can be offensive, intimidating, malicious or insulting and is a misuse of any power. The behaviour is normally repeated. We must remember that something may be going on in the 'bully's' personal life which may effect their school life/behaviour.



Emotional/psychological—Hurting people's feelings, leaving you out e.g. at break-times and stereotyping.

Physical—Punching, kicking, spitting, hitting, pushing, intimidating behaviour.

Verbal—Being teased, name calling, swearing (due to a disability or other protected characteristic)

Online—Saying/typing unkind things by text, e-mail, and online using social media, chat spaces and online games.

It is bullying when it is...

Several
Times
On
Purpose



Who can I tell?

- A Friend
- Parents/Carers
- School staff
- School Council
- Values Champions
- Anti-Bullying Stars



Most importantly:

Start
Telling
Other
People

YOUNGMINDS

If you are being bullied

DO:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to leave you alone.
- Ignore them
- Walk away
- Use your Worry Eater
- Tell the truth
- Talk to a friend
- **BE BRAVE**
- **TELL SOMEONE YOU TRUST**

DON'T:

- Do what they say
- Get angry, retaliate or run away
- **KEEP IT TO YOURSELF**

