Defford and Besford
Church of England
First School

"Through Faith, Friendship and Fun we Learn and Grow"

Anti-bullying for us

Child-friendly anti-bullying policy

This school is a place where everyone has the right to be themselves. It's a place where everyone can feel safe, be happy and learn. Everyone at our school is included and acts with respect and kindness towards each other. Our school takes bullying very seriously.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else on purpose and usually more than once. Bullying can be done by one person or a group of people. It can happen in person or online. A useful way to remember bullying is:

Several Times On Purpose

Bullying can be:

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

Bullying can be about:

- Race or ethnicity (racist bullying)
- Religion or belief
- Family and culture
- Sexist bullying
- Homophobic or biphobic behaviour
- Transphobic behaviour
- Special educational needs or disability bullying
- What someone looks like
- Where someone lives or who they live with

If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your friends and family, that is bullying. No one should be picked on for being different in any way, for how they act, what they look like or who their family are.

Why does bullying happen?

Pupils who bully can be older, younger, bigger or smaller than you. Pupils who bully might pick on people who may be different in some way and try to make them feel bad about themselves. If you are being bullied remember that it is never your fault.

Where does bullying happen?

Bullying can happen at school, after school and online.

What should I do if I think someone is being bullied?

In our school we all take responsibility for keeping each other safe. It is never OK to see someone being bullied and do nothing (being a bystander). You can tell people to stop (become a defender) or you can tell an adult about what has happened. If you think someone is being bullied then talk to the person, ask if they're okay and ask if you can help them talk to a teacher or an adult they trust.

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 friend, either at school or at home.
If you have already told an adult about bullying you can still tell them again.

You can:

1. Tell a teacher – your class teacher or any other teacher
2. Tell a friend you trust
3. Tell any other adult staff in school – such as Teaching Assistants, midday supervisors or the school office
4. Tell an adult at home
5. You can also write a note about the bullying in your class worry box
6. You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone about what you have said.

If you tell a teacher or adult at school they will be able to help you. They will tell the headteacher and your parent or carer so that they can help you. Telling an adult will never make bullying worse. They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.