

Child-Friendly Anti-Bullying Policy

SAY
NO
To
BULLYING

Feeling safe and happy at Cedars School

At Cedars School, you deserve to always feel safe and happy.

Sometimes, however you may feel that you are having a difficult time.

We may not always know what is happening to make you feel this way, so please tell us.

This is a policy just for you to help you to:

- Know what bullying is.
- Know what to do if you feel like you are being bullied or, if you think someone else is being bullied.
- Know the names of the grown ups that you can speak to.



*Remember...adults are
not mind readers, so
PLEASE tell them if you
are having a hard time!*

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What is Bullying?

A bully is a person who hurts another person **repeatedly**, by using negative behaviours to **purposefully** hurt, scare or upset that person.

To help you remember:

It's important to realise things that happen once or falling out with friends is not classed as bullying.

Bullying is when it happens over and over again, and it's meant to upset someone.

Glossary

Repeatedly - when something happens over and over again.

Purposefully - on purpose

To help you remember:



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Types of Bullying

Bullying isn't just when a person hurts another person physically (kicking and punching etc.), it can happen in many ways.

Emotional bullying - this is when a person hurts another person's feelings. Such as:

- Bossing them about.
- Leaving them out.
- Walking away from them.

Physical bullying - this is when a person physically hurts another person. Such as:

- Kicking
- Punching
- Spitting
- Hitting
- Pushing

Verbal bullying - this is when feelings are hurt from things that are said. Such as:

- Name calling
- Using hand signs

Racist bullying - this is when someone is picked on because of the colour of their skin, their race or what they believe in.

Homophobic bullying - this is when a person is picked on because of their gender or sexuality. For example, calling someone gay or lesbian would be homophobic.



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Sexist bullying - this is when someone is picked on because of their sex (whether they are a boy or a girl) usually by the opposite sex.

Cyber bullying - this is when someone sends horrible messages either online, by text or voicemail to another person just to upset them.

Bullying can be from one person or by other people that have been sent to bully someone.

Always remember...

If you are being bullied, you are NEVER alone!

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What should I do if I'm being bullied?

Here are a few things you could do if you are being bullied.

Walk away

Walking away from the bullies takes away the 'power' they think they have over you.

Tell them to stop

If you feel confident enough, tell the bully to stop doing the things that are upsetting or hurting you.

Tell a **TRUSTED ADULT**

Telling an adult will:

- Make sure the bullying stops
- Get it off your chest
- Help you to relax
- Help you feel safe again

Glossary

Trusted adult - an adult that you know and trust, such as family.

Moral support - helping someone by giving love and support

Tell a friend

Telling a friend that you are being bullied may give you the **confidence** and **moral support** you need to tell an adult.

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Ignore the bully

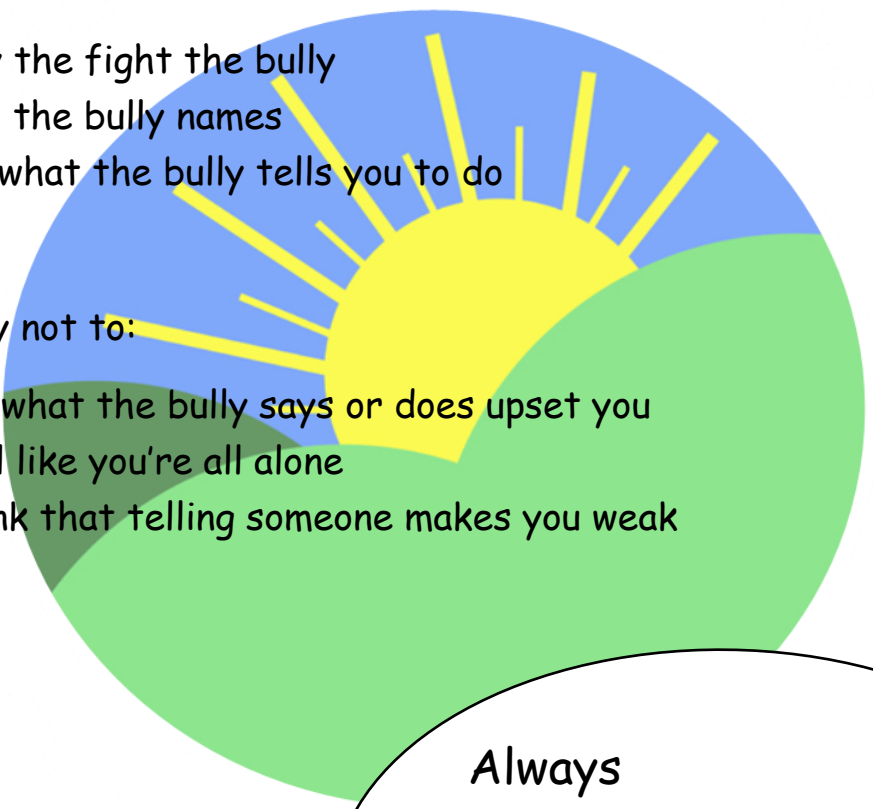
Just like walking away, ignoring the bully takes away the 'power' they think they have over you.

You should NOT:

- Try to fight the bully
- Call the bully names
- Do what the bully tells you to do

Please try not to:

- Let what the bully says or does upset you
- Feel like you're all alone
- Think that telling someone makes you weak



Always
remember...this **not**
your fault, and you
are **never alone!**



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What should I do if I see someone being bullied?

If you see someone being bullied, it is important that you **help** them as much as you can.

Don't ignore and walk away

- You should not walk away and ignore what is happening. Walking away and ignoring could cause the bully to keep upsetting or hurting that person.

Never put yourself in danger

- You must **never** put yourself in danger while trying to help someone who is being bullied. For example, trying to fight the bully for someone else could cause you harm.

Tell a trusted adult

- This could be a teacher or a family member but must be someone you know and trust. Do not tell a stranger.

Please do not be scared to tell an adult that you have seen someone getting bullied.

Always remember...

You are doing the
right thing!



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Who can I talk to?

There is always someone you can speak to if you are being bullied, or you see someone else being bullied.

Examples of people you can talk to:

- Parents/carers
- Family members
- Teachers
- Friends

At Cedars School, you can talk to **any member of staff** if you or someone else is being bullied. This includes:

- Teachers
- Teaching assistants
- Office staff

Always remember...

We are **ALL** here for **YOU!**



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What steps are Cedars School taking to help stop bullying for good?

At Cedars School, we are **passionate** about stomping out bullying for good! Not just in school, but also in our wonderful community.

Here are a few things we are currently doing to make sure you feel safe and happy.

Anti-Bullying Lessons- Lessons to discuss and learn all about bullying, the effects it can have on people and tools and tips to stamp out bullying.

Anti-Bullying Assemblies - These are to remind you that we are there for you and the steps you can take if you or someone else is being bullied.

Anti-Bullying Week -We will always take part in Anti-Bullying Week every year to raise **awareness**.

Glossary

Passionate - really interested

Awareness - helping people to understand

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