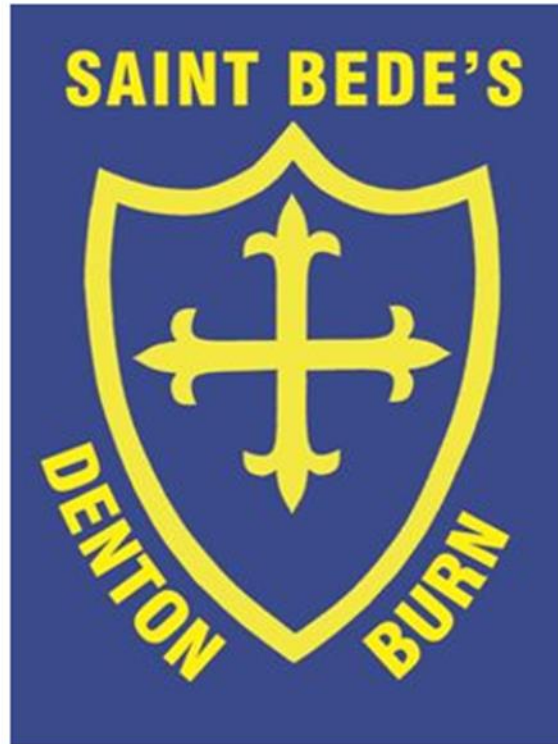


St Bede's Catholic Primary School



As one

we learn together,

play together,

pray together,

as one

Anti Bullying (Child's Version) Policy

Date reviewed: October 2025

Date of next review: October 2026



At St Bede's Catholic Primary School EVERYONE has an important part to play in making our school a caring, friendly and safe place to learn and grown. We all have an important part in stopping bullying from happening.

What is bullying

Sometimes children will fall out with each other, have disagreements or stop talking to each other for a while. Don't worry these are all normal and a natural part of growing up; this is not bullying.

Bullying behaviours include:

- Deliberately intending to hurt someone (doing it on purpose), not hurting someone by accident
- Repeatedly hurting someone – deliberate behaviour that hurts someone, either physically or emotionally, that is repeated over and over again

Different Types of Bullying

PHYSICAL BULLYING

Hurting and being aggressive towards someone

VERBAL BULLYING

Name calling, mocking, teasing and being abusive towards someone.

INDIRECT BULLYING

Spreading rumours and deliberately excluding someone.

CYBER BULLYING

Using technology to send messages by text or email that would hurt someone or upset them – this includes sending the messages to other people about someone else.

What to do if you see someone being bullied

- Take action
- Tell an adult what happened – they need to know straight away.
- Don't smile or laugh – it will encourage the bullies to carry on.
- Tell the bully to 'STOP IT! THEY DON'T LIKE IT.' - If you don't you are encouraging bullying.
- Don't over-react or hit them back.
- Encourage your friend who is being bullied to come and join in your game or activity.

What to do if you are being bullied

- Always tell an adult if you are being bullied
- Tell the bullies to 'STOP IT! I DON'T LIKE IT!' - say you don't like what they are doing.
- DON'T over-react or hit them back.
- GET away as soon as possible – join another pupil or group if you can.
- TELL an adult as soon as possible.



After the bullying

- TELL someone what has happened – don't keep it a secret.
- TELL you family – they can help you.
- TELL your teacher – ask a friend to go with you if you are scared.
- KEEP on speaking up until someone listens.
- DON'T blame yourself – if you ask for help the bullying is more likely to stop.

Information for Parents

What to do if you think your child is bullied

- Talk calmly with your child about his/her experience.
- Make a note of what he/she says.
- Reassure your child that he/she has done the right thing.
- Explain that further incidents should be reported to a teacher as soon as possible.
- Contact the Headteacher as soon as possible.

What to do in a meeting with the teacher

- Stay calm
- Be exact
- Make a note of what action the school will take
- Ask if you can help
- Stay in touch with the school

What to do if your child is bullying others

- Talk with your child and explain that his/her behaviour is unacceptable.
- Make an appointment with your child's class teacher or Headteacher
- Check progress regularly

Give your child lots of praise when he/she is co-operative and helpful.

