



St. Josephs Catholic Primary School

Children's Anti-bullying Rules and Advice

At St. Josephs Catholic Primary School, our message to pupils is that **nobody deserves to be bullied**. It is wrong and should not be done.

Pupils at St. Josephs have put together these rules and advice so that everybody in school understands what they need to do if they know somebody is being bullied.

What is bullying?

Bullying is when one person or more than one person hurt or upset another person of more than one person on purpose over and over again

Bullying can happen in lots of different ways and sometimes children do not realise that what is happening to them is bullying:

- **Physical** - kicking, hitting, pushing, taking or breaking other people's things
- **Verbal** - name calling, making fun of, saying nasty words, making threats
- **Emotional** - leaving people out, ignoring on purpose, talking about others, telling lies about others
- **Cyber-bullying** - bullying using nasty messages / phone calls, picture / video clip on phones, instant messenger, email, chatrooms, websites / blogs



People can be bullied for lots of different reasons or for no reason at all

What should we do if a child is being bullied?

If you are being bullied:

- Tell somebody! This could be a teacher or other trusted adult at school, a friend or a parent / carer
- Go to the friendship pole
- Remember that you should never be bullied and that it is wrong
- Ask them to stop or walk away from them
- Don't hit back, swear, loose your temper or show that you are upset
- Don't carry on playing with them



- Don't listen to the person doing the bullying
- Don't just do nothing
- Be proud of who you are. It is good to be yourself!

If you know somebody else is being bullied:

- Tell the teacher or another adult
- Look out for other children at the friendship pole
- Give them advice
- Take them away from the bully
- Talk to the person being bullied
- Play with the person being bullied
- Don't leave the person being bullied on their own
- Don't get involved with the person doing the bullying
- Remember, watching and doing nothing looks as if you are on the side of the person doing the bullying. It makes the person being bullied feel more unhappy and lonely.



If you are adult:

- Help the person being bullied and make them feel safe
- Listen
- Find out what has happened
- Help the person being bullied and the person doing the bullying
- Ask the person doing the bullying why they have acted in that way and tell them why it is wrong
- Tell the person doing the bullying to stop
- Tell the person doing the bullying how the person being bullied feels to be bullied, and ask how they would feel
- Take it seriously and deal with the person / people doing the bullying in a way that will end the bullying and will **not** make things worse for the person being bullied
- Punish the person doing the bullying (e.g. tell them off / send to Mr. Hinton / miss play or lunchtime / tell parents)

