



Long Row Anti-Bullying Policy Children's Version

What is bullying?

For something to be bullying, it has to have happened

Several Times On Purpose.

Bullying is intentional (not an accident) and repetitive. A bully hurts someone on purpose over and over again; it isn't an incident that happens only once and it isn't falling out with a friend. Bullying can be by one person or a group of people.

Bullying happens in many different ways:

Physical Bullying 	More than one incident of: • Hitting • Smacking • Kicking • Punching • Or any physical contact that is harmful
Verbal Bullying 	Repeated: • Name calling • Threats • Offensive remarks Or insulting someone because of their: Religion, skin colour, who they love, disability, age, gender or if they are married or pregnant.
Indirect Bullying 	Repeatedly: • Spreading nasty stories about someone • Gossiping and leaving someone out from social groups • Stopping someone from having a happy time at school
Cyber Bullying 	Repeatedly: • Sending hurtful emails or message • Sending hurtful texts • Making hurtful phone calls • Sending hurtful comments on gaming / group chat

Group bullying

People can bully without realising they are joining in. These can be through roles:

The ringleader – Starting and leading the bullying but not always the person 'doing' the bullying.

The target - The person who is being bullied.

Assistant(s) - Actively involved in 'doing' the bullying.

Reinforcer(s) - Supports the bullying, might laugh or encourage other people to carry on what is going on.

Defender(s) - Stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to do something about it. This might involve talking to an adult in school.

Outsider(s) - Ignores any bullying and doesn't want to get involved.



We decided that we would choose to be a 'Defender' by:

- Standing up for someone being bullied
- Talking to a trusted adult in school about what we have seen or heard
- Not laughing or joining in with any bullying behaviour (not be an assistant or reinforcer)
- Not ignoring the bullying by watching or walking off and doing nothing.

What to do if you think you are being bullied...

The first thing to do is tell a responsible adult in school that you trust such as a teacher, teaching assistant or lunchtime supervisor. The staff at school will always take you seriously and sort out the problem. If you see someone being bullied, be a good friend to them and encourage them to do the right thing by telling an adult. Never join in!

What happens to the person doing the bullying?

Bullying has consequences. It is important to find out why, when and how this behaviour is occurring, so the following steps will be taken:

1. All children will be spoken with about any incidences and the children carrying out the offences will be made aware that their behaviour is bullying behaviour.
2. Apologies will be made.
3. Parents will be informed and asked to support the school to stop the bullying happening again.
4. The Headteacher or Assistant Headteachers will be notified.

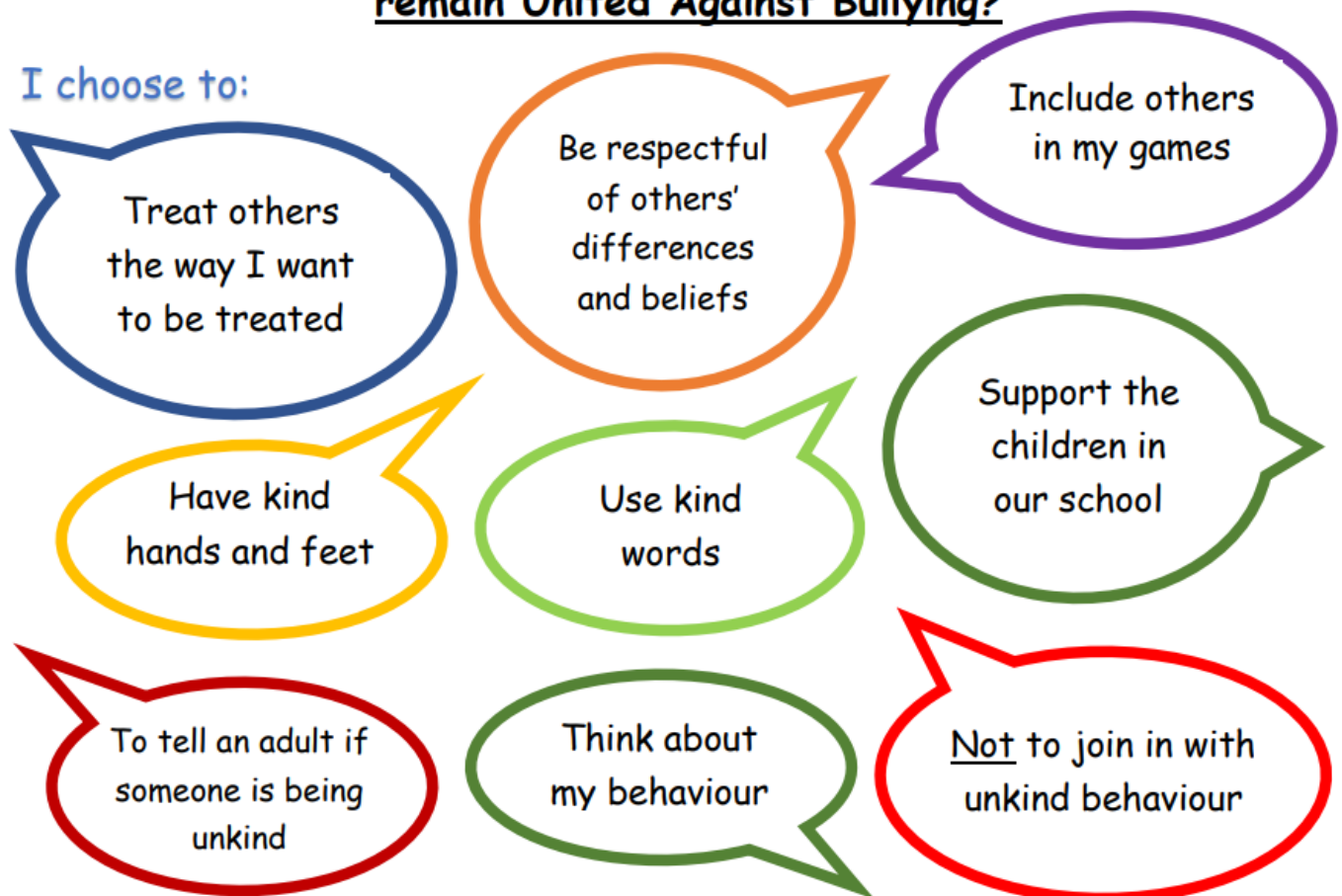
5. A bullying report form will be filed.

6. Consequences of bullying behaviour can range from:

- loss of privileges such as break/lunchtimes
- being removed from the classroom to work in another area in the school
- being withdrawn from participation in school visit, clubs or other extra-curricular activities
- In serious situations or repeated offences: fixed term exclusion or permanent exclusion

How do we ensure we continue to be a bully-free school and remain United Against Bullying?

I choose to:



In every class, the children discussed bullying during a whole school Anti-Bullying Day. Ideas were recorded by class teachers and collated to make this Anti-Bullying Policy. This policy details how the children of Long Row are United Against Bullying and the choices they make to ensure Long Row continues to be a safe and happy place to be.