

Portishead Primary School

Anti-Bullying Policy

November 2021

Written by the Anti-bullying Ambassadors



Learning and achieving together
Relationships, Partnership, Achievement

What is Bullying?

Bullying is repeated unkind behaviour that is intended to make others feel upset, uncomfortable or unsafe.

Emotional: Hurting people's feelings, leaving you out, being bossed about, rude comments and gestures.

Physical: Punching, kicking, spitting hitting, pushing, inappropriate touching.

Verbal/Written: Teasing, name calling, spreading rumours, graffiti.

Through a 3rd person: Sending a friend with unkind messages.

Homophobic: Calling you gay or lesbian.

Racist: Calling you racist names, gestures.

Cyber: Saying unkind things by text, e-mail and on social networking sites.

Bullying is not:

- A fall out with a friend
- A series of arguments with someone you don't like in anger (This is conflict)
- Something that only happens once
- A one off physical act of aggression e.g. pushing someone

What should I do if I am being bullied?

Start Telling Other People

Do:

- Ask them to stop
- Use eye contact to tell them to go away
- Act as if you don't care what they say or do
- Tell a friend
- Tell someone and get help straight away
- Speak to a trusted adult
- Tell an anti-bullying ambassador
- Tell your school council rep
- Put a note in the Worry Box

Remember it is not your fault and the school will help put things right for you

Don't:

- Get angry and fight back- try to stay calm
- Hit them
- Think it is your fault
- Hide it
- Do as the bully says

Speak To Other People



What should I do if I see someone else being bullied?



Tell an adult straight away. Don't stay silent or the bullying will keep happening

Tell the bully you do not agree with what they are doing and ask them to stop if you feel safe to do so. However, don't get too involved as you might get hurt or could get in trouble yourself

Show the bully you are not happy about it by giving them eye contact and walking away

Comfort the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault

Who can I tell when I need a helping hand?



What will the school do about Bullying?

- Record it in our bullying logs
- Tell parents what has happened
- Support children that have been bullied
- Educate and support children who have been bullied
- Check in with children who have been bullied so we know things have got better
- Hold an anti-bullying week each year
- Meet regularly with our anti-bullying ambassadors to deliver anti-bullying activities throughout the year.

We all need to work together to S.T.O.P bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and upset. This also affects their learning and how they feel about themselves.

To deal with bullying everyone must:

- Respect each other
- Value our differences
- Treat each other with kindness
- Challenge our friends when they are not treating other people kindly

Report bullying so that the school can deal with it

Bullying outside of the school will be dealt with by school adults.