

# Definition of bullying

Bullying is when you hurt people on purpose and when people make fun of your race, gender, age, size and more SEVERAL TIMES ON PURPOSE

## Types of bullying :

Physical ( eg: hitting , kicking)

Verbal (eg: name calling )

Emotional (eg: Embarrassing people in public)

Indirect (eg: spreading rumours, excluding someone from a social group.)

Cyber (eg: using technology— phones, gaming, computers etc)

## Pupils

**If you are being bullied you will be supported by:**

Being able to talk to an adult or an anti bullying ambassador straight away .

Reassurance of your safety.

Having regular support from an ABA and a LSA.

Helping to build your confidence again .

**If you have been a bully you will be helped by:**

Talking about what happened.

Finding out why you did it.

Talking about what you did wrong and how to change.

Informing parents/carers so they can help you.

## Schools

In school we are taught that bullying is unacceptable. This is done in : PSHE lessons, Anti-Bullying weeks/ events, assemblies, theatre workshops and drama activities. We have trained Anti-Bullying Ambassadors who raise awareness and who are always there to help you.

Whitmore Primary

School



***Anti-Bullying  
Policy***

## Warning Signs of Bullying



Change of behaviour:

- \*Aggression
- \*Shy or nervous
- \*Faking illness
- \*Unusual absences
- \*Clinging to adults
- \*Being withdrawn
- \*Lacking concentration
- \*Lacking appetite
- \*Truanting from school or refusal to come to school

If you have a problem or see someone being bullied, you can talk to an Anti-Bullying Ambassador (ABA) or put a note in the worry box in sanctuary.

## How an incident is dealt with

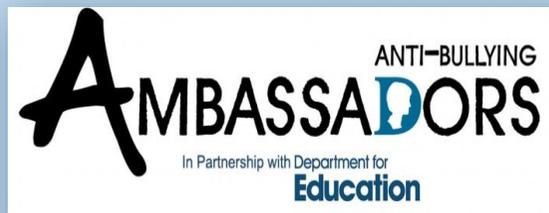
*When you report a problem it will immediately be dealt with by a member of staff.*

The incident will be recorded and given to a member of the senior leadership team.

The class teacher will be told.

Parents will be informed.

A trained member of staff will figure out the problem and get a picture of what is happening.



## Consequences

The consequences depend on how bad the bullying behaviour is. They include:

- Discussion with warning of potential consequences if it continues
- Lost dojo
- Lunchtime reflection
- Class move
- Internal exclusion and/or isolation exclusion
- Extended lunch and play exclusion (not going out side with other children at play or lunchtime for several weeks)
- External exclusion

