Anti-bullying Policy for children at St. Nicholas Catholic Primary School

What is bullying?

Bullying is when someone hurts you or makes you feel sad or lonely. Bullying is when this happens to you often. Bullying is when people threaten to do things to you if you tell. Bullying makes you feel very unhappy and only you know how you feel. It can be:

- name calling
- teasing
- hitting, pushing, pinching or kicking
- having your things taken off you
- being sent unfriendly messages
- being forced to hand over money
- being forced to do things you don't want to do
- being ignored or left out
- being attacked in any way because people think you are different
- saying things about your parents, brothers, sisters or other family members

How can we help to stop bullying at our school?

If you are being bullied:
- Tell an adult or somebody you trust what has happened straight away.
- Get away from the situation as quickly as possible.
- Try to stay calm and look as confident as you can.
- Be firm and clear – look them in the eye and, if possible, tell them to stop and tell them how you feel.

After you have been bullied:
- Tell a teacher or another adult you trust within school.
- Tell your family.
- If you are scared to tell a teacher or adult on your own, ask a friend to go with you.
- Keep on speaking until someone listens and does something to stop the bullying.
- Don't blame yourself for what has happened

When you are talking to an adult about bullying, be clear about:
- What has happened to you.
- How often it has happened.
- Who was involved.
- Who saw what was happening.
- Where it happened.
- What you have done about it already.

If you experience bullying by mobile phone text messages or e-mail:
- Tell a friend, parent or teacher.
- Be careful who you give your mobile phone number or e-mail address to.
- Make a note of exactly when a threatening message was sent.

St. Nicholas Catholic Primary School will be a happy, safe place for all if we live our lives as Jesus wants us to:

"Love one another as I have loved you."