

ANTI - BULLYING

All the adults at Brize Norton Primary School want to make sure that all the pupils enjoy coming to school and feel safe.

Bullying of any kind is unacceptable in our school.

However, we know that bullying will happen from time to time and we want to make sure if it happens to you, you know what to do.

Bullying makes people feel sad and can stop children from wanting to come to school. We don't want any pupil to feel that way here at Brize.

What Is Bullying?

It is important to know the difference between bullying and friends falling out with each other. Falling out with our friends is part of growing up and can happen more than once. This is perfectly normal, but still needs to be sorted out which adults can help you with.

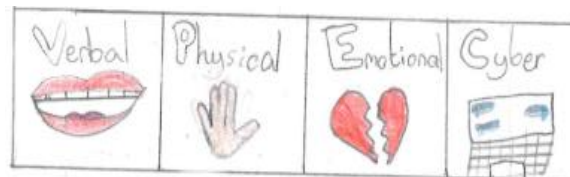
Bullying is:

'The repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power. Bullying can be carried out verbally, physically, emotionally or through cyberspace.'

Types of Bullying

Bullying can take many forms but it usually includes the following types of behaviour:

- Physical - pushing, kicking, hitting, punching or feeling unsafe by someone's words (threatening).
- Verbal - name-calling, spreading rumours, persistent teasing, making offensive remarks.
- Emotional or relational - being unfriendly, threatening, tormenting (e.g. hiding books, threatening gestures), humiliation, not being allowed to join in groups or activities.
- Cyber – children being persistently unkind online through their words or by sending photos or messages.



ADVICE FOR CHILDREN

If you are being bullied:

- ✚ Try to stay calm and look confident.
- ✚ To ignore the bullying.
- ✚ To be firm and clear – look them in the eye and tell them to stop.
- ✚ To say clearly that what the bully is doing is not OK.
- ✚ To get away from the situation as quickly as possible.
- ✚ To stay with a group or seek out other friends.
- ✚ To tell an adult what has happened straight away.
- ✚ To realise that if they are bullied, it is not their fault.
- ✚ TALK!
- ✚ TALK to one of our Anti-Bullying Ambassadors.

Say **No** to **B**ullying

Several Times On Purpose

What happens when you TALK to an adult:

- ✚ The adult will talk to you on your own and then talk to the child who is doing the bullying on their own. They may talk to other children too.
- ✚ The adult will talk with your parents or carers so they can help you too.
- ✚ The adult will tell you that you have done the right thing by TALKing.
- ✚ The adults will write down what you say.
- ✚ The adult will make sure you feel safe in school going forward and stop the bullying behaviour.
- ✚ The child doing the bullying behaviour will stop and they might have some natural consequences to make sure they understand that their choices were wrong. They will be told how it made you feel.
- ✚ All adults will keep an eye on you at playtimes to make sure you are feeling happy and safe.
- ✚ You might be given an adult to support you for a short time to make you feel better, eg. Miss Glenister.
- ✚ Your class teacher will check in on you regularly to make sure the bullying behaviour has stopped.
- ✚ Mrs Jones will be told about what has happened and also make sure you feel safe.

Remember to....

TALK

Talking makes things better

Always seek help from a trusted adult

Learn to speak up for yourself and others

Kindness is key

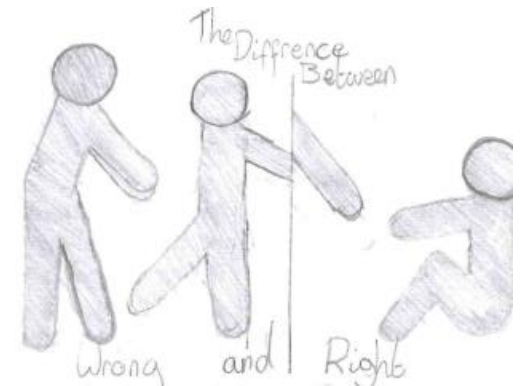


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**BRIZE NORTON
PRIMARY SCHOOL**

**ANTI-BULLYING
Leaflet for
Children**



We **SHINE** for ourselves and each other with kindness.