



NORTH PRIMARY SCHOOL

Anti-bullying Policy Explained for Children



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This leaflet is designed to help children in our school to understand ways to respond if they feel they, or someone else, is being bullied.

What is bullying?

- Bullying is when someone attacks you with words or by physically hurting you, over and over again.
- It is not OK for this to happen and we will do everything we can to stop it if it does.
- Every child should feel safe to learn, play and grow. The adults at North will make sure this happens
- No one has the right to bully anyone else
- When bullying happens, we have a way to manage this. We work together with children, teachers and families to stop bullying.
- We help bullies to understand the severity of their actions so they don't do it again.

How does it work?

- Check: Am I being bullied or is it a friendship issue? (there is a checklist to help you decide). **There is a big difference between the two so make sure you are certain.**
- If it is bullying, TELL a trusted adult at school and your parents or carers at home.

What happens next?

1. Your teacher or another adult in school will meet with you and the bullies to resolve the issues – records will be kept so we can refer back to them and parents may need to be notified.
2. There will be follow up meetings to check everything is okay.
3. Parents of the bullies will be contacted and called in for a formal meeting.

What else do we do at North to stop bullying happening in the first place?

Setting a good example – all adults and children at North to set a good example by treating everyone with respect. This is especially important to do when we disagree about something, but often the hardest time to do it.

Assemblies - we use assemblies to teach children about kindness, resolving problems, talking respectfully and standing up for each other.

Teaching – We make sure that we include topics in our teaching which teaches children that bullying is not socially good and how to behave in more positive ways.

Mindfulness- there is a mindfulness programme that is being delivered to children which teaches them strategies and coping mechanisms for stressful situations.

Teaching Teachers – It is important that teachers and support staff are confident to teach about preventing bullying and how to manage it if it happens. Staff are trained in and out of school to ensure that it is a safe and happy place for you to learn.

Having Sound Principles- Every child has the right to...

- be physically safe
- keep their own possessions
- be free of insult and disrespectful terms
- not to be excluded from games and friendships without good reason.

We keep a record of all incidents:

If a child is bullied, we have written evidence of this logged on a computer software called CPOMs. This helps us to spot patterns and trends including any history of bullying or negative behaviours.

Please come to talk to us

If you...

- don't understand anything in this leaflet
- want to find out more
- believe you are being bullied
- believe someone else is being bullied
- are worried that you have bullied someone

Please speak to a grown-up in school that you trust. We will always help you.

Use this checklist to help you decide if you are being bullied:

Friendship Issue	Bullying
<ul style="list-style-type: none"> -Both or everyone involved has <u>equal power</u> -The conflict happens <u>occasionally</u> -It can be <u>accidental</u> -Children are <u>sorry</u> for any hurt they have caused -Everyone can make an effort to <u>solve the problem.</u> 	<ul style="list-style-type: none"> -There is imbalance of power (one or more people <u>dominating</u>) -It happens <u>often</u> -It is <u>on purpose</u> -Children are <u>not sorry</u> (or pretend to be) -Children make <u>no effort to solve the problem</u>

What do I do if I think I am being bullied?

CHECK: Check to decide if it is bullying.	
TELL: Tell a trusted adult	
Investigation: Issues will be looked into and appropriate action taken with sanctions if necessary.	
NO BULLYING: The bullying should have stopped	
TELL AGAIN: If the bullying does not stop, TELL AGAIN.	