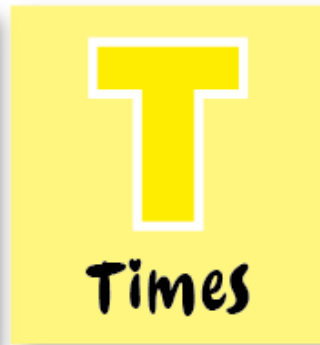


Anti-Bullying Policy



At Trinity Croft, we support each other and care for one and another through the good times and the difficult times. Our faith and values help us to realise the importance of kindness and helping each other.

We value and appreciate each other. We persevere. We are compassionate.

We are courageous.

It takes courage to speak out if someone is treating you badly. Whether you tell the person that is being unkind or a trusted adult, speaking up is being brave. It also takes courage to stand up for someone who is being treated unfairly.



At Trinity Croft Primary Academy, we want to make sure that you feel safe, happy and looked after in and out of our school. If not, you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice that someone else is being bullied.



What is bullying?

A bully is someone who hurts another person more than once, by using behaviour that is meant to scare, hurt or upset that person.

At our school, we use the word 'STOP' to identify bullying:

Several

Times

On

Purpose

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

It is important to remember that single problems and falling out with friends are not bullying.

Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality calling someone gay or lesbian can be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through another person, by one person sending another person to say nasty things that hurt your feelings.



What should I do if I'm being bullied?

The first thing you should do is tell the bully to **STOP**.
If this is not an option for you then follow the steps below.

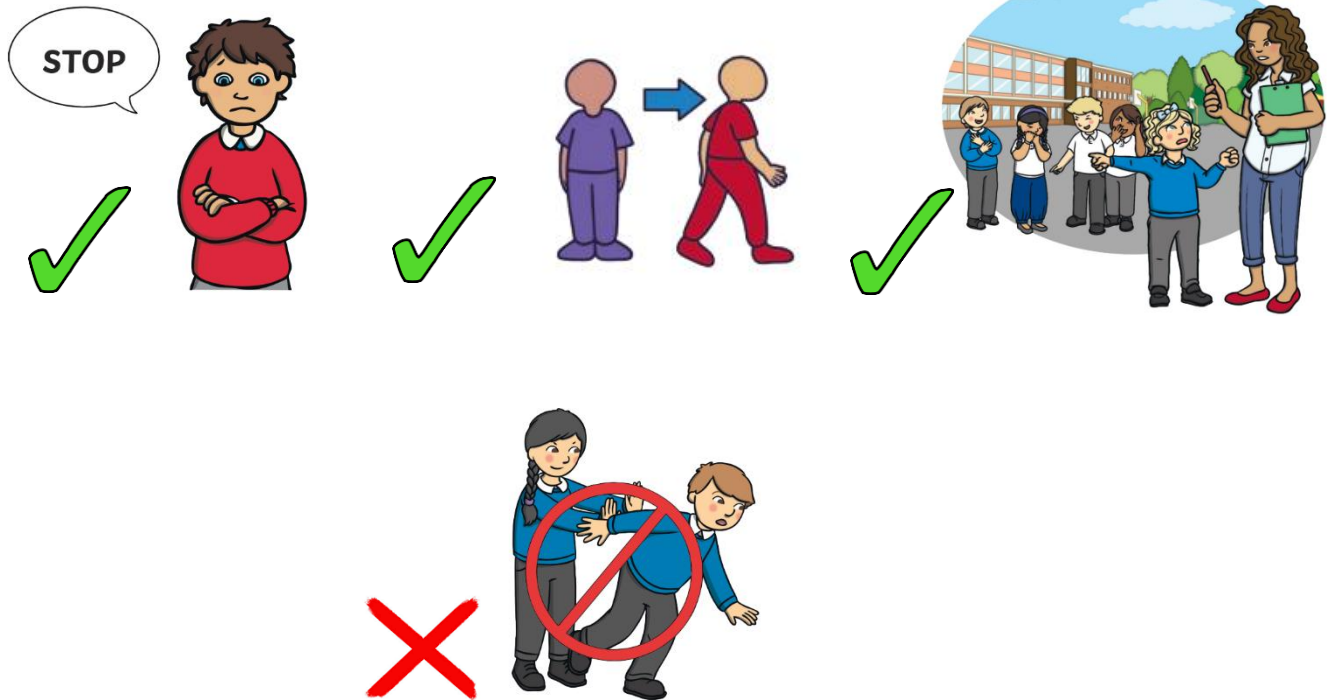
- Ignore and walk away.
- Tell a friend/playground leader.
- **You must tell grown-up, such as your parent, carer or teacher.**

You should try **not** to:

- Get angry and fight back.
- Do what the bully says.
- Believe what the bully says - this is not the truth.
- Hide it.

Always remember that if you are being bullied, it is not your fault and you are never alone.

You should talk to someone if you are being bullied. If you talk to a grown-up, we can help make the bullying stop.



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

If you see someone else being bullied, it is important that you help that person.

Do not ignore the bullying if you see someone else being bullied. We must take courage and fight for justice.

If you can, and it is safe, tell the bully to stop, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can stop the bullying and support the person being bullied.

You should always tell someone about bullying.



How can I help stop bullying from happening?



You can all help stop bullying at Trinity Croft if you:

- Stick to the rules in this guide.
- Help others when they are in need.
- Be kind, friendly and respectful to others.
- Think before you speak. Kind hands and kind feet.
- Make the right choices.

It is important not to hide or shy away from our problems.

Bullying is taken seriously at our school. You can talk to:

Your parents/carers

Class teachers

Mrs Allen

Ms Parkin

Mrs Hamilton

Lunchtime staff

Office staff

Friends

We all care about each and every one of you.

Stand up and speak out!

