



LOWER PEOVER  
CofE Primary School

# Child-Friendly Anti-Bullying Policy

*Everyone at our school is responsible for anti-bullying so you can talk to any adult in school.*

## What is bullying?

At our school, bullying is “hurting someone on purpose, more than once, both mentally and physically”

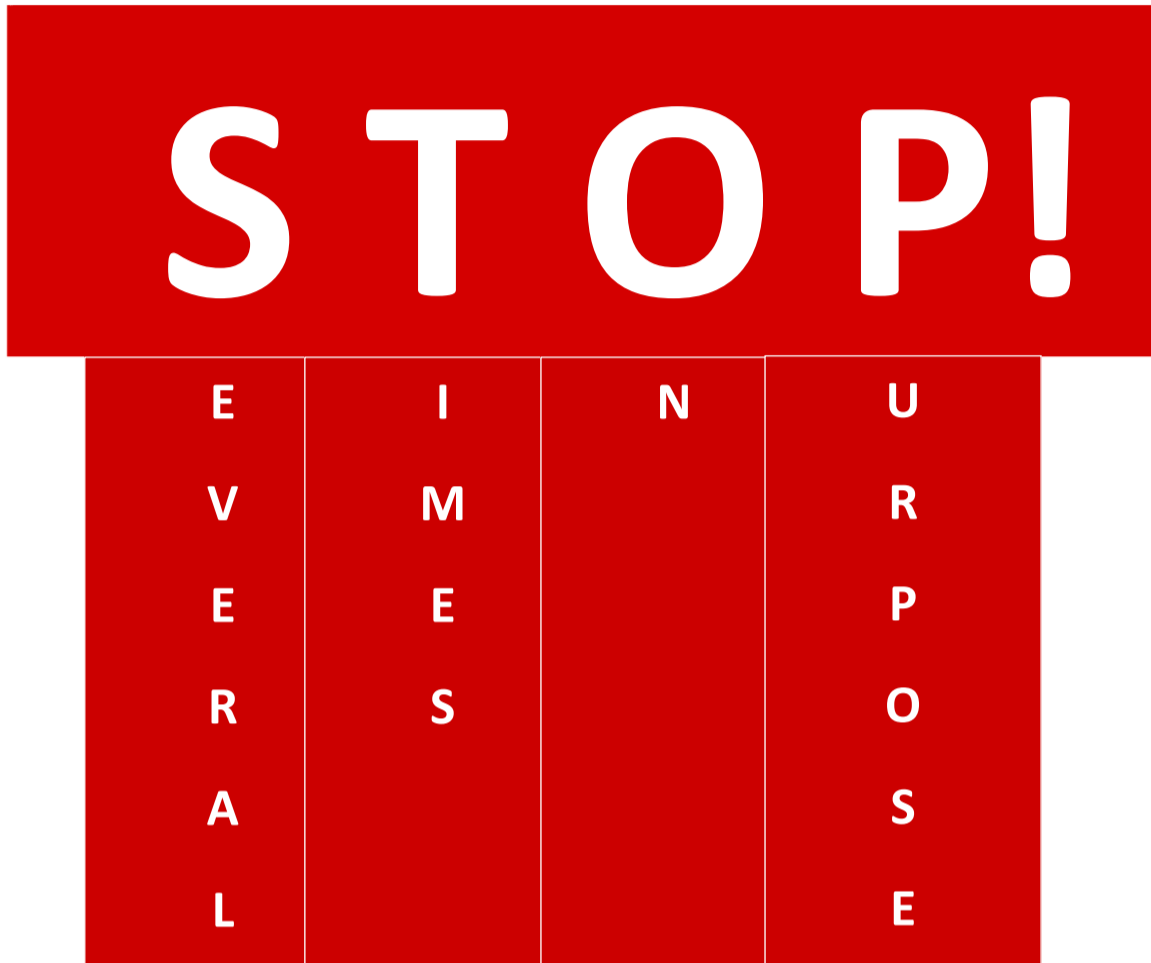
## What is not bullying?

At our school bullying is not, “falling out with your friends or accidentally hurting someone.”



TREAT OTHERS  
THE WAY  
**YOU**  
WANT TO BE

**TREATED**



### Types of bullying...

#### Physical

Punching or hitting  
Kicking  
Pushing  
Biting

#### Emotional

Saying unkind words  
Leaving someone out on purpose  
Calling someone names  
Telling lies about someone or spreading rumours  
Telling someone they cannot be friends with someone

#### Cyber

Sending unkind messages  
Sending unkind comments  
Sharing photos of someone without asking them

#### Other types of bullying include:

Saying unkind words about the colour of someone's skin (Racial Bullying)  
Saying unkind words about someone's religious beliefs  
Saying unkind words about someone's gender

### If you are being bullied you should:

- Walk away
- Tell a grown up
- Find somewhere safe, not on your own
- Use the class worry box

### If you are being bullied you should not:

- Do not bully back
- Be rude
- React
- Try not to show you are upset or angry
- Do not get into an argument with the bully

### How does our school deal with bullying?

- They tell us about what bullying is and is not
- They tell us what to do if we are being bullied or see someone else being bullied
- They do not allow bullying behaviour
- They tell our parents



*"Let your light shine, so that others may see the good you do" - Matthew 5:16*

This policy was developed by our Junior Safety Officers & Year 5 members of our Ethos Group (November 2024)