



# Handforth Grange Primary School

## Child-friendly Anti-Bullying Policy



<b>Policy Area</b>	Behaviour and Safeguarding
<b>Policy Title</b>	Child-friendly anti-bullying policy
<b>Policy Leader</b>	Jessica Dolby and the anti-bullying ambassadors
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<b>Policy Review</b>	October 2025



**Frank Field**  
Education Trust

*Promoting **Social Justice** through **Excellence in Education***

## Feeling safe and happy at school

At Handforth Grange Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes the adults in school might not know if something bad is happening, so 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 someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



### 1.) What is bullying?

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

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

**S**everal  
**T**imes  
**O**n  
**P**urpose

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

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

## 2.) Types of bullying

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

- **Emotional bullying** is for example hurting someone's feelings, leaving them out, threatening them or bossing them around.
- **Physical bullying** is for example punching/hitting, kicking, spitting or pushing/shoving someone.
- **Verbal bullying** is for example teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.



Sometimes children talk about "banter" – banter is only a joke between friends when both of them find it funny. If one child doesn't like it they must tell them to stop. If it doesn't, this could be verbal bullying.

- **Racist** means bullying someone because of their skin colour, race or what they believe in.
- **Homophobic** means bullying someone because of who they love or sexuality; calling someone gay or lesbian would be homophobic.
- **Sexist** means bullying someone because of their sex (whether they are a boy or a girl).
- **Cyber bullying** involves sending unkind messages online via a game, email social media or by text message.

Bullying can also be done **through another person**, by one person sending another person to say nasty things.

A bully can be any size, age or gender. They could be older or younger than you. There is no one-type of person who could bully.

## What should I do if I am being bullied?

If you are being bullied, the first thing you should do is:

- **tell the bully to stop if you feel comfortable to.**
- **tell a grown-up, such as your parent, carer, teacher or other members of staff in school.**
- **You can even tell your friends and class Anti-bullying Ambassadors**

**The most important thing is to not keep it to yourself and to tell someone you trust.**

You may also:

- Tell the bully to leave you alone.
- Ignore the bully and walk away.

You should try not to:

- Do what the bully says.



- Say unkind things back.
- Get angry or hit or kick them.
- Hide it

Always remember that if you are being bullied, it is not your fault and you are never alone. You shouldn't be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can make the bullying stop. We will also help the bully to stop and support them too.

## 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.

You should never walk away and ignore the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

Tell a grown-up as soon as possible, such as a teacher or teaching assistant, as soon as you've seen someone being bullied. Grown-ups can stop the bullying and make that person feel happy again.

You should never feel scared to tell someone about bullying.

## Who can I talk to?

It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the bullying stops and doesn't happen again.

The list below shows the grown-ups at our school that you can speak to:

- \*Any teacher in school.
- \*Any midday assistant in school
- \*Any teaching assistant in school
- \*Mrs Booth, Mrs Dolby or Miss Green
- \***Any member of staff that you feel comfortable talking to**



## How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the rules in this guide and also keeping to our 3 school rules.
- Helping others when they are in need.
- Being kind, friendly and respectful to others.
- Thinking about people's feelings before we say or do something.
- Taking an active role in PSHE and anti-bullying week.
- \*Speaking out when you see someone being unkind
- \*Telling an adult if you think a friend is being bullied or you are being bullied.

**STOP**  
**BULLYING**



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