

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people. At Snarestone we believe that bullying is being mean several times on purpose:

S EVERAL
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O N
P URPOSE



If someone is being hurtful or unkind to you several times on purpose, for whatever reason, that is bullying.

No one should be picked on for being different in any way, for how they act, what they look like or who their family are.

What is bullying?

You can experience physical bullying, verbal bullying, indirect bullying and cyber bullying.



I know bullying can be:

- Hitting someone, or saying you are going to hit someone.
- Touching someone when they don't want you to.
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people.
- Stealing or damaging someone else's belongings.
- Ignoring someone on purpose or leaving them out.
- Sending hurtful messages, emails or online messages to someone or about someone.



'Participate, excel, take pride!'

Anti-Bullying Policy for Pupils

Snarestone is a place where everyone has the right to be themselves. It is a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other. Our values of **hope**, **friendship**, **wisdom**, **endurance** and **trust** are important to us.

Snarestone is a bully-free place.



What should I do if I'm being bullied?

If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home.

You can . . .

- Tell a teacher
- Tell any other staff in school
- Tell an adult at home
- Tell a trusted friend
- Write a note for the worry box
- You can also call Childline on 0800 1111



What should I do if I think someone is being bullied?

Talk to the person and ask if they are OK and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

What will happen when I've told an adult?

If you tell a teacher or another trusted adult in school, they will be able to help you. They may tell another teacher such as your class teacher, or a parent/carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.

Remember to **STOP**:

Start **Telling Other People**



Bullying can be about:

- Race or ethnicity (racist bullying)
- Religion or belief
- Family or culture
- Sexist bullying, which is bullying because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- Homophobic bullying. For example, because someone might have two mums or two dads, or saying unkind or nasty words like 'you're so gay'
- Special educational needs or disability
- What someone looks like
- Where someone lives



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