



Furneux Pelham School Child-Friendly Anti-Bullying Policy

Roots to grow,
Wings to soar.

At Furneux Pelham School, we want to make sure that you feel looked after, safe and happy when you are in and out of school. Sometimes we don't 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.

What should you do if you are being bullied?

- DO ask the bully to stop.
- DO ignore the bully and walk away.
- DO find a safe space to go to.
- DO talk to a friend, a Wellbeing Warrior or Anti-Bullying Ambassador.
- DO tell a trusted adult and get help straight away.
- DO put a note in a worry box, if you would like to share the information this way.



DOs

- DON'T bully back.
- DON'T get angry or hit the bully.
- DON'T blame yourself.
- DON'T keep it a secret.
- DON'T do as the bully says.



DON'Ts

What is bullying?

Bullying is hurting someone on purpose, more than once. It is **repeated**, **negative** and **intentional** and involves the bully being more powerful than the victim.

What is not bullying?

Falling out with your friends or accidentally hurting someone is **not** bullying.

Types of bullying – V I P

Verbal bullying – for example, using hurtful words, name calling, offensive language.

Indirect bullying – for example, spreading rumours, excluding from games, damaging property, cyberbullying.

Physical bullying – for example, kicking, punching, slapping, inappropriate touching, or spitting.

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

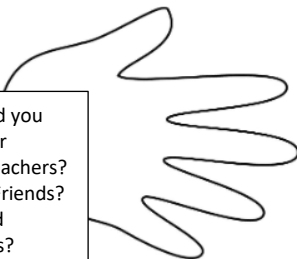
- ✓ Tell an adult straight away. Be an **upstander!**
We are a telling school. You are reporting, not 'snitching'.
- ✓ Tell the bully to STOP, if it is safe to do so.
- ✓ Comfort the person who has been a victim of bullying and tell them to speak to someone.
- ✓ Reassure them that it isn't their fault.

Who are the Anti-Bullying Ambassadors?

Use your **helping hand** to talk to someone that you trust.

Who are your 5 people?

Who would you put on your fingers? Teachers? Parents? Friends? Playground supervisors?



How do Anti-Bullying Ambassadors help?

- The Anti-Bullying Ambassadors are always there for you if you need them.
- They help you to feel safe in school.
- They can listen and help you solve conflict.
- They will help you to tell an adult.
- They will reassure you that any bullying will stop.
- They work with Mrs. Foley and Mrs. Blakeman to help to prevent, and deal with, bullying at Furneux Pelham School.
- They run projects to improve wellbeing and positive friendships.