

## Types of Bullying

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Bullying can happen in different ways:

**Physical** - hitting / kicking

**Verbal** - name calling, criticising someone's appearance or choices

**Online Bullying** - sending unkind messages or saying unkind things during online chat

**Intimidation** - using threatening behaviour to scare others

**Sexist** - bullying someone because of their gender

**Homophobic** - bullying someone because of their sexuality (e.g. calling people gay or lesbian to be unkind)

**Racial** - bullying someone because of where they come from or how they look different to others

**Religious** - being unkind to someone based on what they believe

## When it is NOT bullying

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Children often get confused between bullying and 'conflict'. It is **NOT** bullying if:

- You have an argument with your friends
- Someone calls you a name or hurts you once.
- A person is unkind to you and then you do the same thing back to them
- A person says that they don't want to play with you
- Someone says that they don't like the same things that you like

**Adults in school can help you resolve any of these problems.**



*Growing Lifelong Learners*

# Child Friendly Anti-Bullying Policy



## What is bullying?

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At Bosmere we say a bully is typically someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt** or **upset** that person.

At our school we use the word **STOP** to identify bullying.



Usually for it to be bullying there has to be an **imbalance in power**. For example might be:

- A group of people being unkind to one person
- An older child intimidating a younger child
- A very confident and popular child being unkind to someone who feels unable to stand up for themselves

## What should I do?

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If you are being bullied you can try to:

- Ignore the bully and walk away
- Tell the bully to leave you alone
- Warn the bully that if they don't stop you will tell an adult
- Tell an adult - if it happens in school make sure you tell an adult there because they will help you
- Put a message explaining the problem in the Anti-Bully Box in the school office
- Help other people who are being bullied. Check if they are okay. Ask if they want to play with you instead. Tell an adult about what you've seen.

You might need to try several things to stop a bully. If you tell an adult and the problem doesn't stop make sure you let someone know!

## What you should NOT do

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- Do not ignore other people being bullied.
- Do not follow instructions from a bully
- Do not call a bully unkind names or hit them
- Don't be afraid of telling an adult - it's the right thing to do!

**It's what we try to be in our hearts that matters.**

**Be.....**

Healthy  
Empathetic  
Ambitious  
Respectful  
Trustworthy  
Safe

