



Christ the King Primary School Child Friendly anti bullying policy

Our School statement on bullying

This is written by members of our school council in October 2023 and agreed by classes and school council members.

This school is a place where everyone has the right to be themselves.

Christ the King is a place where everyone can feel safe, be happy and learn.

Everyone at our school is included and acts with respect and kindness towards each other.

Our school takes bullying very seriously.

What is bullying?

Bullying is when someone is unkind or hurts someone else on purpose and usually more than once. Bullying can be by one person or by a group of people.



Bullying can be:

- **Hitting someone or saying that you are going to hit someone**
- **Touching someone when they don't want to be touched**
- **Calling someone names, teasing, saying nasty things or being rude to someone or talking behind someone's back.**
- **Stealing or damaging someone's property**
- **Leaving someone out or ignoring them**
- **Sending unkind and hurtful messages to someone or about someone**



Why does bullying happen?

**Bullying doesn't happen much at our school, but it might happen.
Bullies might pick on us because of:**

What someone looks like

A disability

Where we live

Our family or culture

Our religion or beliefs

Our ethnicity

If someone is being hurtful or unkind to you several times on purpose, whatever the reason, whether it's about you, your family or friends, then this is called 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 is.

Where can bullying happen?

Bullying can happen at school, after school and online

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

At Christ the King we all take responsibility in keeping each other safe. It is never OK to see someone being bullied and do nothing (being a bystander). You can tell people to stop (become a defender) or you can tell an adult about what has happened. If you think someone is being bullied then talk to the person, ask if they're okay and ask if you can help them talk to a teacher or an adult they trust.

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 friend, either at school or at home.

If you have already told an adult about bullying you can still tell them again.

You can:

- 1. Tell a teacher – your class teacher, another teacher Or Mrs Wheelton**
- 2. Tell your mum or dad or another relative**
- 3. Tell a friend you trust**
- 4. Tell any other adult staff in school – such as Teaching Assistants, midday supervisors or the school office**
- 5. Tell an adult at home**
- 6. You can also put your peg in the talking heart**
- 7. Call ChildLine at any time for free on 0800 1111. They will not tell anyone about what you have said.**

If you tell a teacher or adult at school they will be able to help you.

Telling an adult will never make bullying worse.

They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.

