Woodston Primary School
Anti Bullying Guidance for Children

What is bullying?

<u>Repeated</u> words or actions that are <u>intended</u> to hurt, or upset. They make you feel you can't do anything about it.

Bullying can be:
- Physical - hitting, kicking, punching, pinching, biting, or pushing someone for a reaction
- Verbal - calling names
- Or any action intending to hurt, or upset

Bullies can use words to tease about someone's shape, colour, looks, intelligence or skills.

Bullies can use words to scare e.g. shouting, threatening, or using unkind words and phrases.

Bullies can leave people out and encourage others to do the same e.g. leave people out of games and conversations, refuse to share a book, a seat or a pencil.

Bullies can deliberately ignore people - this is bullying.

Bullies are sometimes alone, sometimes in groups, sometimes they get others to do their bullying for them so they don't get caught.

Bullies sometimes seem to be popular, but this is only because other people are scared of them. They like having power over people.

You know bullying is wrong. If you see someone being bullied, support them, help them, `and stick up for them. Tell an adult.

Don't ignore bullying because it doesn't involve you. Tell an adult.

If you are bullied, tell an adult.

If you are bullied, the school will support you. The school will listen to all your concerns. The school will get the help from your parents and the parents of the other child.

If you want to stop bullying try to live by the Woodston Primary School code:

W – Welcome others
O – Offer a helping hand
O – One day you too, may need a friend
D – Do the right thing
S – Stay calm
T – Together bullying stops
O – Opt to be a kinder person
N – Nobody should be bullied

F – Be Friendly to people, even if you don't particularly like them
R – You are Responsible for your own success and happiness
I – Include people in your games and conversations
E – Encourage other people's interests and ideas
N – Never control people's friendships (tell them who they may or may not play with)
D – Do a good deed every day
S – Smile!