



## St. Teresa's Catholic Primary School

### Anti-Bullying Policy

At St. Teresa's we believe that all children have the right to learn in a supportive, caring and safe environment without the fear of being bullied. We promote good behaviour. Bullying is a form of anti-social behaviour. It is wrong and will not be tolerated.

At St. Teresa's EVERYONE has an important part to play in preventing bullying.

#### **WHAT IS BULLYING?**

Bullying is when someone worries or causes harm to another person or persons on purpose. It happens often over a period of time

#### **WHAT DOES A BULLY DO?**

**VERBAL BULLYING** - name calling, teasing, put downs

**PHYSICAL BULLYING** - hitting, punching, nipping, shouting in other people's faces

**PSYCHOLOGICAL BULLYING** - spreading rumours about someone, deliberately leaving someone out

**THREATENING** - asking for money or toys from someone, saying they will do something to you if you don't do as they ask

**CYBERBULLYING** - using the internet or social networking sites or mobile devices i.e. mobiles/tablets to make other people feel bad or spread rumours

Each of these things causes upset and unhappiness. Here is guidance to stop it happening to you or anyone else.

#### **WHAT TO DO IF YOU SEE SOMEONE IS BEING BULLIED?**

- Don't join in with any bullying behaviour
- Walk away
- Tell an adult immediately - it is your responsibility

You can also put a message in your class worry box.

## WHAT DO YOU DO IF YOU ARE BEING BULLIED?

- Say 'I don't like it!'
- Walk away
- Tell an adult at school - they can help
- Tell your family - they can help
- Share your worries

## WHAT THE ADULT WILL DO!

The adult will listen to you, take you seriously and will take action

- Report it to the Headteacher
- It will be looked into
- It will be dealt with
- It will be monitored to make sure it doesn't happen again

**NEVER KEEP BULLYING A SECRET BECAUSE IF NO-ONE KNOWS THEY CAN'T HELP YOU.**



*We try to follow in the footsteps of Jesus*