

## Who can I tell?

You need to -

**Start  
Telling  
Other  
People**

- Parents/Carers
- Teachers/LSAs.
- Lunchtime staff.
  - A friend.
  - A trusted adult.

If you see someone else being bullied, tell an adult straight away.

Do not get involved, as you might end up getting hurt or getting into trouble.



## Emotional Wellbeing...

WHAT WE WANT FOR OUR PUPILS...



### FOR OUR PUPILS TO KNOW WE'RE THERE FOR THEM

There are different times in everyone's life where we may need a little more help than usual: the whole school community has a role to play in providing that support.



### FOR OUR PUPILS TO UNDERSTAND THEIR EMOTIONS AND FEELINGS

We will help children feel comfortable sharing any concerns or worries and make it a normal and expected part of any day.



### FOR OUR PUPILS TO BUILD STRONG RELATIONSHIPS

We will teach children how to make friendships and fix mistakes when they happen. Older pupils take the lead at playtimes to help sort out any problems and develop a sense of trust and 'togetherness'.



### FOR OUR PUPILS TO BELIEVE IN THEMSELVES

We will build pupils' self esteem and ensure they know that they count. We will encourage children to be confident and 'dare to be different' and help children to develop emotional resilience and to manage setbacks.



# Child Friendly Anti Bullying Policy

*Our aims -*

*Staff at Martinshaw, want to make sure that you feel safe and happy, both in and out of school.*

*This policy looks at what bullying is, what you can do if you feel you are being bullied, or when you notice someone else being bullied.*

## What is bullying?

- Bullying is when a person is hurtful or unkind to someone else on purpose.
- Bullying is repetitive, meaning that it happens more than once.
- Bullying can be by one person, or a group of people.

## Types of bullying -

- **Emotional:** hurting someone's feelings, leaving them out or bossing them about.
- **Physical:** punching, kicking, spitting, hitting or pushing.
- **Verbal:** teasing, name calling or using hand signs.
- **Racist:** bullying someone because of their skin colour, race or what they believe in.
- **Homophobic:** bullying someone because of their gender or sexuality.
- **Cyber:** involves sending unkind messages over the internet or by text message.

## When is it bullying?

At Martinshaw, we use the word 'STOP' to identify bullying:



It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

## Our School Values -

Tackle bullying by reminding one another that our school values help us to Success Together:

*We are **Kind!***

*We show **Respect!***

*We celebrate **Uniqueness!***

*We are **Resilient!***

*We are **Confident!***

*We **Aspire** for the best!*

## What should I do?

- Tell someone!
- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Talk to a friend.
- Act as though you don't care what they say or do.
- Remember, it is not your fault!

## What will happen?

- Adults will get involved and help you solve the problem.
- Adults will investigate things and remind children that bullying is not acceptable.
- Adults will follow the schools behaviour policy and inform Parents/Carers.
- Incidents will be reported and logged for the future.