



What is bullying?

At Portsdown Primary School bullying is, "hurting someone on purpose more than once."



What is not bullying?

At our school bullying is not, "falling out with your friends or accidently hurting someone."

Types of bullying behaviour:

Physical Bullying

- Punching or hitting
- Kicking
- Pushing
- Nipping or biting

Emotional Bullying

- Saying unkind words
- Leaving someone out on purpose
- Name calling
- Telling lies about someone or spreading rumours
- Telling someone they can't be friends with someone

Cyber Bullying

- Unkind text messages or emails
- Unkind comments on social media or trolling
- Sharing personal information about someone else without their permission e.g. a photo



OUR CORE VALUES



Be kind

Be Inclusive



Be Respectful

Be Safe



Be Your Best

Several

Times

On

Purpose

Other types of bullying include:

- Saying unkind words about the colour of someone's skin (Racial Bullying)
- Saying unkind words about someone's religious beliefs
- Saying unkind words about someone's

If you are being bullied you should:

- Walk away
- Find somewhere safe, not on your own
- Tell your trusted adults
- Use the Learning Mentors' post box
- Tell the Behaviour Support Workers
- Tell the kindness ambassadors

What you shouldn't do:

- Don't bully back
- Don't blame yourself
- Try not to show you're upset or angry
- Don't get into an argument with the bully

Everyone at our school is responsible for anti-bullying but some adults you might talk to are:

1. Your teacher
2. A teaching assistant
3. Dinner staff
4. The Welfare Team - Mrs Blades, Mrs Jordan, Mrs O'Byrne, Mrs Hickley
5. Mr Vaghela, Mr Cowell or Mrs Thomas

TREAT OTHERS
the way
you
want to be
TREATED.

What our school does to respond to bullying:

- We give children the information they need to know what bullying is
- We help children to know what to do if they are being bullied or see someone being bullied
- We don't tolerate the bullying behaviour
- We contact the parents or carers of the children involved

This policy was developed by the