



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 accidentally 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 Ball,
Mrs Blades,
Mrs Hardy,
Mrs Hickley
5. Mr Vaghela, Mr Cowell or
Ms Ludlam

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

**TREAT
OTHERS**
the way
you
want to be
TREATED.

This policy was developed
by the