



# Anti-bullying Policy (Child Friendly)

Policy Approved/Updated	November 2023
Policy Review Date	November 2024
Reviewer	Tammie McNamara

# Contents

- Anti-bullying Policy (Child Friendly)..... 1**
- Contents .....2**
- Our Mission Statement.....3**
- Our Vision .....3**
- Feeling safe and happy at school.....4**
- What is bullying? .....5**
- Types of bullying .....5**
- What should I do if I am being bullied? .....6**
- What should I do if I see someone else being bullied? .....6**
- Who can I talk to? .....7**
- How can I help stop bullying from happening? .....7**

## Our Mission Statement

At Holy Cross, we are very proud of our school motto and our Catholic ethos; **Loved, Valued, Challenged.**

**Loved:** We love one another as Jesus taught us – our friends, our families and those who we may never meet.

**Valued:** We value everyone – everyone is important; pupils, staff, parents, governors, and members of the community– no matter their race, religion ability or need. We try to live like Jesus taught us.

**Challenged:** We challenge each other – not only with our learning but challenge each other to be more merciful to others, have a little more understanding of others’ needs and challenge each other to be better people.

## Our Vision

At Holy Cross, we aim to develop a caring Catholic community based upon the life and example of Jesus Christ, which envelopes the life and lives of everyone and everything in our school. It is through Christ’s message of love and forgiveness that the children, staff, both teachers and ancillary, parents and governors, preserve the essential Catholic ethos of the school.

The school aims to provide a challenging curriculum that reflects our philosophy, broadly balanced and relevant, and to support the development of the whole child to his/her full potential. At Holy Cross, everybody matters, therefore we encourage all to show respect to each other and the environment.

# Feeling safe and happy at school

At Holy Cross Primary CVA, we want to make sure that you feel looked after, safe, and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

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

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



# What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt, or upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

**S** everal  
**T** imes  
**O** n  
**P** urpose

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.

## Types of bullying

Bullying can be different things and isn't just hitting or kicking another person.

**Emotional bullying** is hurting someone's feelings, leaving them out or bossing them about.

**Physical bullying** is punching, kicking, spitting, hitting, or pushing someone.

**Verbal bullying** is teasing someone, calling them names, or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

**Racist** means bullying someone because of their skin colour, race or what they believe in.

**Homophobic** means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

**Sexist** means bullying someone because of their sex (whether they are a boy or a girl).

**Cyber bullying** involves sending horrid messages, photos, or videos over the internet or by text message.

Bullying can be done through **another person**, by one person asking another person to say nasty things.

## What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer, or teacher.



You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being bullied, it is **not your fault**, and you are **never alone**.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.

## What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

**Tell a grown-up**, such as a teacher as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

At our school, we use the word '**STOP**' to remind us what we should do about bullying.

**S** tart  
**T** elling  
**O** ther  
**P** eople



## Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your **mum, dad, carer, or teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

The list below shows the **grown-ups** at our **school** that you can speak to:

- Mrs McNamara
- Mrs Tipton
- Mrs Bruce
- Your class teacher or any other member of staff you feel comfortable talking to

## How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **Relationships Education** and **anti-bullying week**.

