



FISHBOURNE PRIMARY SCHOOL ANTI-BULLYING GUIDE

This leaflet has been put together to support all the children at Fishbourne Church of England Primary School to know how to access support and know what to expect from the adults in school in the event they find that they are being bullied. It has been written in collaboration with children, staff and parents. Although we hope you will never need it, we do aim that it will be helpful in case you do.



What is bullying?

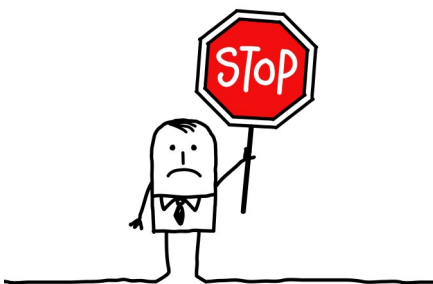
Bullying is when a person hurts someone else on purpose, using behaviour that is meant to hurt, frighten or upset another person.

It could be:

- Emotional - hurting your feelings or leaving you out.
- Physical - pushing, kicking, spitting, hitting or punching.
- Verbal - name calling or unkind words.
- Cyber - saying unkind words by text, email or online.

When is it bullying?

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



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

Do:

- *Ask them to stop if you can.
- *Walk away.
- *Tell someone...

Don't:

- *Think it's your fault.
- *Get angry.
- *Keep it to yourself.

MOST IMPORTANTLY- If you are being bullied:

Start
Telling
Other
People



Who can I tell?

- *A friend
- *Parents/carers
- *Teachers
- *Support staff
- *Any adults in school
- *Child Line



What will happen next?

Adults in school will work together with parents and carers to help you to find a way through it. We know that bullies often need some form of consequence (to know that it is unacceptable) and help (to learn how to treat other people).

Each case is different and it is important that adults take the time to talk to everyone involved to make sure they have fully understood the situation.

We promise to always treat bullying very seriously and will support both you and the person who has bullied you.



At Fishbourne Church of England Primary School, we believe that those children who bully need BOTH consequences AND help in order to learn to be happy and to make the right choices in the future. These are some of our views from our 'Choose Respect' week:

'Bullies, should be helped—they need to be happy in order to be good.'

'If I were prime minister, I would help all bullies.'

'If we don't punish bullies then they will not realise it is wrong and they will just carry on.'

'Bullies should be helped because if we don't help them, they might never treat people right.'

'I am sure that if we listen to a bully, it will help them to talk through what their problems are.'





This anti-bullying leaflet was created using the children's ideas following a whole school learning experience in November 2018 called 'Choose Respect' which was held in conjunction with #ANTIBULLYINGWEEK.

During the week we spent time debating some tricky questions including: What is bullying? Does everyone deserve respect? Should bullies be punished or helped?

At Fishbourne Primary School, we nurture you to become...

These behaviours impact on how we learn AND behave.



There is only one you in this great big world...
Make it a better place.