



If you are bullied:-

You should:

Tell someone and get help straight away.

Try to keep calm.

Walk away if possible.

Support each other.

You should not:

React or be mean back.

What our school does to respond to bullying...

- We take bullying seriously.
- We listen to the children involved and offer the right support.
- We praise positive behaviour and deal with bullying behaviour straight away.
- If it persists, we contact the parents or carers of all children involved.

Child Friendly
Anti-Bullying Policy

Developed with
Bellsbank PS Pupil
Council



Our rights

Who is responsible for anti-bullying in school?

Mrs Greig - Head teacher

Mrs McLurkin - Depute Head
Teacher



What is bullying?

In our school Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online



When it is bullying it is...

Several

Times

On

Purpose



Bullying is **NOT**...

- Accidents
- Fallouts with friends
- Something that only happens one time
- Fighting

Bullying can make children:

Not want to come to school.
Lack confidence.
Feel bad about themselves.
Be unkind to others.

Bullying can be...

Verbal: name-calling, taunting, saying unkind or untrue things.

Physical: Kicking, hitting. Emotional: Excluding people.

Online: sending nasty messages, sharing photos, posting on social media



Strategies we use at Bellsbank PS

Health and Wellbeing Lessons

Assemblies

Adults we can talk to

Check ins

Nurture

Who can I tell?

If you feel you are being bullied you can tell:

- Teachers and Pupil Support Assistants
- Dinner staff
- Office staff and the Janitor
- Family
- Friends
- Mrs Greig or Mrs McLurkin
- Childline (08000 1111)