

# Anti Bullying Policy



To find out about how to stop bullying,  
look inside!

This booklet was written by  
Forest Hall School Council.

Forest Hall Primary School pupils are kind to others. This booklet is to help anyone who believes they are being bullied.

If you are being bullied, don't feel like it is your fault. You should tell someone. Forest Hall Primary School does not accept bullying.



## Introduction

In this booklet you will find where to get help if you are being bullied. Don't think you are alone. If you're being bullied remember that it's nothing to be ashamed of. There are lots of people who you can talk to about bullying; your parents, carers, teachers, or teaching assistants in school. Remember, there's always someone who can help!

## What is bullying?

Bullying has to happen more than once.

- Leaving people out
- Telling tales
- Name calling
- Teasing
- Fighting
- Being racist
- Pushing
- Threatening
- Stealing personal belongings
- Breaking other peoples' things
- Pulling funny faces
- Rumours
- Shouting
- Putting people down
- Telling lies
- Cyber bullying
- Staring at you
- Pulling hair
- Hurting someone's feeling
- Hiding other people's things
- Getting other people to be horrible to you
- Throwing things at you
- Laughing at you
- Snatching things away from you
- Playing tricks on you
- Being horrible about your family
- Being aggressive
- Making people do bad things



## REMEMBER

**You are never alone and people will help you. If you are being bullied, tell someone you trust.**

Where to get help if you are being Bullied

Parents

Family

Teachers

Teaching Assistant

Carers

Lunchtime Supervisors

School Council

Learning Mentor

Headteacher

Sports leaders



Friends

Any trusted Adult

## What is Cyber Bullying?

Cyber Bullying is bullying that is not face to face but online or on your phone. This can be through games consoles like Xbox or Play station too.



Examples might include:

- People say horrible things on websites, email or text.
- Sending hurtful messages to others about a person
- Putting horrible pictures of you on the web.
- Using message boards or chat rooms to write nasty things about you.
- Someone changing your pictures to make you look horrible
- Someone logs into your account (hacking), then pretend to be you.
- Other people deleting or changing your information without permission.
- Sending lots of texts you don't want.



## Cyberbullying tips

1. Always make your online profile private
2. Tell a trusted adult about the bullying, and keep telling until you find someone who takes action.
3. Save the messages – they may be needed to take action.
4. If bullied through chat or instant messaging, the 'bully' can often be blocked.
5. If you are threatened with harm, inform the local police.



## E Safety

- Never tell anyone where you go to school
- Never give out your address or telephone number
- Never agree to meet anyone from a chat room
- **Tell an adult** if someone makes you feel uncomfortable or says something unkind.
- Click this if you feel threatened



## **Help if bullied outside of school**

- Always go out with a friend or people you trust
- Go to places that are well lit
- Avoid areas where there are no adults
- If people shout horrible things to you , don't reply and walk away.
- You must tell you parents or carers if you have been threatened or attacked in the street. Also tell someone at school.
- Write down whatever happens as you may have to go to the police.

## **Help for children who experience people are being horrible about their family**

- People may call you or your family names, name calling is not allowed at FHPS.
- Tell your class teacher straight away or another trusted adult.

## **Help for children who are experiencing homophobic bullying**

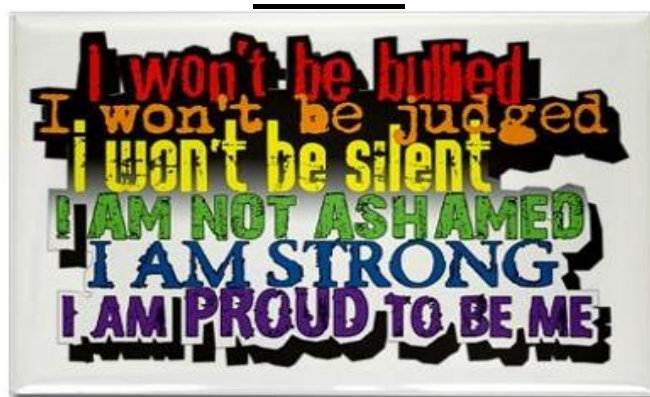
- Homophobic bullying is unacceptable – tell!
- Homophobic words are not acceptable – tell!
- People may call you or your family names, name calling is not allowed at FHPS.
- You must tell your class teacher straight away or another trusted adult.



## **Top Tips if you are being bullied**

- Ask for help
- Let people know what is going on – parents, teachers, friends etc. Tell!
- Don't ignore it, you have rights.
- Think positively about yourself.
- Practise being confident.
- Try not to show that you are upset or angry (remember, this is what the bully wants)
- Be firm and clear – look them in the eye and tell them to stop.
- Get away from the situation – just walk away.
- Try 'Fogging'.
- Avoid situations where you will be alone
- Try to avoid places where the bully might be
- Keep a record of what is happening
- Stay behind after school and tell someone that you feel comfortable telling.

**TELL!**



**Lets work together to stamp out bullying at  
Forest Hall Primary School**



## **Anti Bullying Strategy – Fogging**

This is a way to help children cope with teasing and name calling. It can help stop the bullying from getting worse. If you agree with what the bully is saying and do not get upset, they lose interest and go away.

Fogging relies on five strategies:

- 1. Ignore**
- 2. Walk away**
- 3. Stay positive**
- 4. Speak calmly and clearly**
- 5. Tell someone**



***‘By acting brave, you get to feel brave!’***

## **Help for Racist Bullying**

Racist bullying is when a person says something unkind about another person's culture, skin colour or their religion. This could seriously hurt a person's feelings and is NOT acceptable.

***Everyone has the right to their culture, colour and religion.***

You must tell a grown up immediately if this has happened to you.

## **Help for Children with Special Educational Needs and Disabilities**

If you are being bullied because you have a learning disability or a physical disability, don't be afraid to tell someone.



- Join the school council – if you can't make sure you give your ideas to your class representative.
- Tell your teacher or another adult if anyone is unkind to you.
- Tell straight away, do not wait, and make sure you are listened to.
- Ask the adult to see you in a private, quiet place.
- Make sure the person you tell understands you; say it again if you need to.

## **School Procedures**

The process for dealing with the causes of bullying is:

1. If bullying is taking place or a child reports a problem, staff will take action immediately.
2. All people involved will be interviewed within 24 hours and a brief report will be made detailing who was involved and what happened.
3. Parents will be informed that bullying has occurred and it is being deal with.
4. Something will be done to make the child feel safe as soon as possible.
5. Monitoring will happen everyday and you will be updated.

## **Guidance for Parents**



How can you help your child?

- Watch out for signs of changes in their attitude
- Frequent headaches or tummy aches or being unusually withdrawn or angry.
- Make time to talk to your child about their day, their friends and how they are feeling.
- Ensure that your child does realise that they have done nothing wrong and that they are brave for telling the truth.

## **Complaints Procedure**

You should:

- Contact the Phase Leader at your child's school to discuss the problem.
- Make an appointment so that time can be allowed to hear your concerns fully.

The Headteacher (or representative) will:

- Wherever possible respond to your complaint immediately OR, where this is not possible
- Investigate your complaint and contact you.
- Invite you to come to a meeting to explain the outcome.

If you would like further help and support the following organisations offer a range of support.

Anti-bullying network

[www.antibullying.net](http://www.antibullying.net)

Childline 0800 11 11

[www.childline.org](http://www.childline.org)

Kidscape 0845 1205 204

[www.kidscape.org.uk](http://www.kidscape.org.uk)

Parentline Plus

[www.parentlineplus.org](http://www.parentlineplus.org)

**Don't suffer in silence!**