

Singleton C of E School

Child-Friendly Anti-Bullying Policy



"With God all things are possible."

Matthew 19:26

**"I have come so that they may have
life and have it to the full." John 10:10**

To provide the children with a variety of challenging and enriching opportunities, enabling them to live life to the full. Developing a growth mind-set, believing that with God everything is possible. To show love, trust, wisdom and respect, becoming exemplary role models in our community and the wider world.

AT SINGLETON SCHOOL, WE FOLLOW THE 5Cs TO MAKE EVERYONE HAPPY!



COURTESY

Be polite
and respectful.



CONFIDENCE

Believe in
yourself and
stand up for
what is right



COMPASSION

Be kind to
others and
understand
their feelings



CARE

Look after
yourself,
others, and
our school



CO-OPERATION

Work toget-
her and help
each other!

WHAT IS BULLYING?

Bullying is when someone is unkind or hurtful to another person on purpose, and it happens again and again.

A useful way to remember bullying is:



STOP



Several
Times
On
Purpose

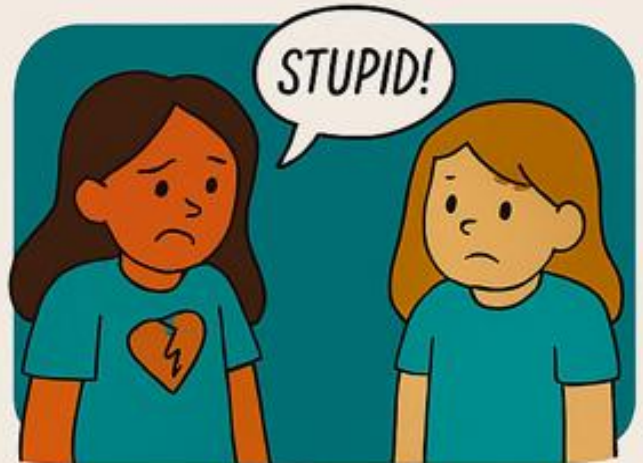
Bullying is when someone is unkind or hurtful to another person on a purpose, and it happens again and again.

Bullying can be:



Physical

Hitting, kicking, or pushing someone



Emotional

Hurting someone's feelings or leaving them out



Verbal

Calling people names or saying hurtful things



Online

Sending mean texts, emails, or messages



Touching

Touching someone when they don't want you to



Stealing or damaging

Taking or breaking someone's belongings

BULLYING CAN BE ABOUT:



Someone's race or ethnicity

Their religion or beliefs

- Someone's race or ethnicity
- Their religion or beliefs
- Their family or culture
- Sexist bullying (because of their gender)
- Homophobic or transphobic bullying (because of who they love or how they identify)
- Bullying about disabilities or special needs
- Bullying about someone's appearance



Sexist bullying (because of their gender)



Bullying about someone's appearance



Bullying about disabilities or special needs

! No one should be picked on for being different – we are all special in our own way!

BULLYING IS NOT:



Falling out
with friends

One-off
disagreements
or arguments



Before calling something bullying,



STOP

Several
Times

Times
On

Purpose

Instead, we should use kind
words and include everyone.

BULLYING WORDS CAN HURT PEOPLE'S FEELINGS.

Let's be kind!



Hitting, hitting
or pushing
someone



I don't want you
to play with us!"



Instead, we
should use kind
words



... and include
everyone



No one should be picked on for
being different – we are all special
in our own way!

WHY DOES BULLYING HAPPEN?

Bullying doesn't happen very often at Singleton School, but if it does, remember:



It is **NEVER** your fault.

Bullies pick on people who may be different in some way.



You are important and deserve respect!

WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

DO:



Tell
somebody
you trust



Ask the person
to stop

Ignore
them and
walk away



Write a
letter if
talking
feels
difficult



DON'T:



Keep it
a secret



Do what
they say



Hurt
them
back



Get
angry

WHO CAN I TELL?

Teachers



Parents



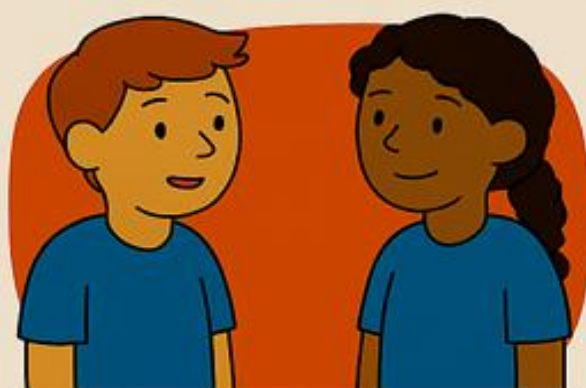
Friends



Playground
supervisorss



Junior
Leadership
Team



Talking helps!

! The sooner you tell someone,
the sooner they can help you.

WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

If you see bullying, don't ignore it!



**Tell a
teacher or
an adult**



**Tell the
bully to
stop**



**Encourage
your friend
to speak up**



**Don't
keep it
to yourself—**



**Be a good friend by playing
with them at break and
lunchtime**



help make our school a happy place!

IF I AM BULLYING SOMEONE, WHAT WILL HAPPEN?

If someone is bullying, an adult will:

- Ask you what has happened and let you explain your side of the story.
- Help you understand how to be kind to others.



Consequences May Include:

- A reminder to stop
- ✂ Missing playtime or lunchtime
- 📄 Writing a letter to say sorry
- 👤 Talking about your behavior
- 👤 A meeting with your parents
- 📋 A behavior report (where your behavior is checked every day)
- ⚡ Time out of school (called exclusion)
- 👤 Time out of school (called exclusion)

Afterwards, teachers will check to make sure the bullying has stopped.

HELP AND ADVICE

If you are being bullied, you are not alone! There are places to get help:



Call 0800 1111 for free support.

www.childline.org.uk - Get help online.



Always remember:

You matter. You deserve kindness.
You are safe here at Singleton School.

You are safe here at Singleton
School.