

# Reigate Parish Church Primary School

## Anti-Bullying Policy: The Children's Version

At Reigate Parish Church Primary School we want a caring, friendly and safe place for all our pupils.

Every child has a right to feel safe and happy in school.

Bullying of any kind is unacceptable at our school.

If you are feeling upset or worried about anything, please tell an adult in school.

You will be listened to and we will help you.

Tell your parents who will then contact the school.

### What is Bullying?

Children will tease, fall in and out with each other, have arguments, stop talking to each other and agree and disagree about what's cool and what's not. Don't worry, this is a normal part of growing up and is not bullying.

Bullying is being mean to another person, on purpose.

Bullying behaviour usually is:

- Deliberate – hurting someone on purpose – it is not accidentally hurting them (either an individual or a group).
- Unfair – the intended target is to hurt (physically or emotionally) and no one deserves this.
- Repeated – it can go on and on and can happen again and again.

The Anti Bullying Alliance defines bullying as “the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.”

### Bullying behaviours can include:

- Physical: Being hit, kicked, tripped, poked, biting, pinching, poking, squeezing, touched in public and private places. Deliberately hurting someone. Fighting.
- Physical: Having belongings stolen or damaged.
- Emotional: Being ignored, left out, people talking about you, name calling, spreading rumours.
- Verbal: name calling, teasing, making nasty comments, making threats.
- Cyber bullying: Receiving nasty text messages or emails.

### What to Do if You Worried about Bullying Behaviour

- Tell someone – it could be a friend, someone in your family or an adult in the school. School needs to know what is happening so we can help you.
- The incident will be investigated and we will talk to everybody involved.
- We will hold a “Restorative Justice” meeting
- We may do some work with a group or a class to encourage children to make better choices and to think of others' feelings.

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