

## How We Deal With Bullying

We take bullying seriously and we know we must tell so action can be taken:

- We have a clear Anti-Bullying Policy
- We follow our school's Golden Rules
- We educate each other through our PSHE and Philosophy for Children curriculum
- We work with people who bully to help them understand their actions
- We have well-trained staff who know how to investigate bullying claims
- We have regular lessons and assemblies about bullying, and celebrate anti-bullying week each November
- We practise improving relationships with each other

# Cookridge Holy Trinity CoE Primary School

## Anti-bullying Policy

At Cookridge Holy Trinity Primary School, we are committed to providing a caring, nurturing and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere free from bullying or abuse of any kind.

We have **zero tolerance** for bullying of any kind



## What is bullying?

*Bullying* is the repetitive, intentional hurting of one person or group by another person or group. It can include:

- ◆ **Physical:** kicking, hitting, spitting, pushing.
- ◆ **Verbal:** name calling, being teased or joked about, spreading rumours—this might include gender stereotypes or personal preferences
- ◆ **Racist:** calling racist names, teasing about skin colour/ religion
- ◆ **Cyber:** Saying unkind words through social media, text or email.
- ◆ **Harassment:** bothering, touching, not leaving someone alone



- 
- ⇒ Be a good friend
  - ⇒ Listen
  - ⇒ Be a mediator
  - ⇒ Talk to someone who can help
  - ⇒ Be an ACTIVE bystander

What should we do if we see someone being bullied?

