

# Viking Academy Trust



## Child-Friendly Anti-Bullying Policy

Approved by the Upton Pupil Council:

Term 3 2018

# CHILD-FRIENDLY ANTI-BULLYING POLICY

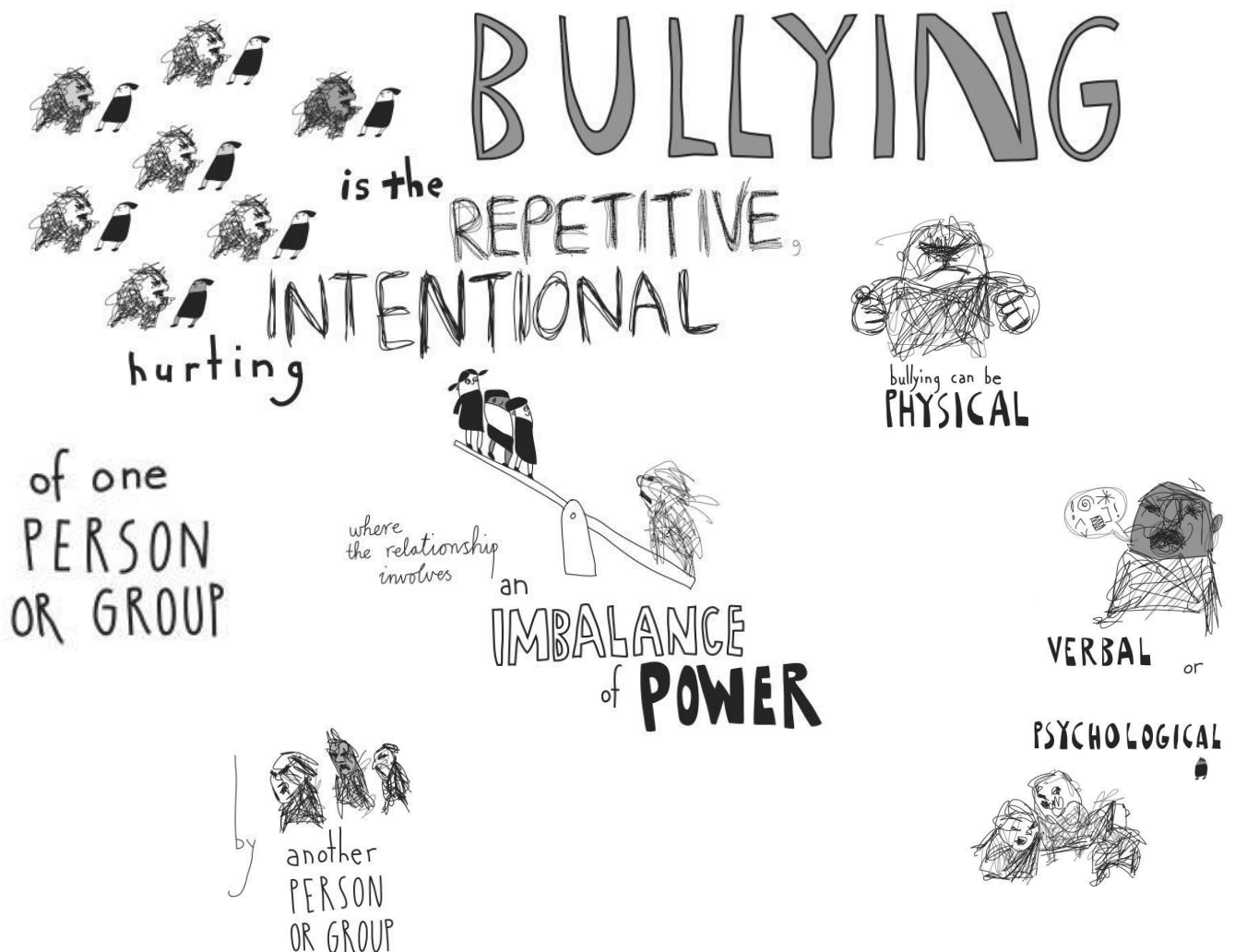
## Upton Junior School

'One Childhood One Chance'

Upton Junior School is a place where everyone has the right to be themselves.

It's a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other. **Our school is a bully-free place.**



## What is Bullying?

When someone says or does something unintentionally hurtful and they do it once.....

Is it bullying?

NO...

This

is

RUDE

When someone says or does something intentionally hurtful and they do it once.....

Is it bullying?

NO...

This

is

MEAN

When someone says or does something intentionally hurtful and they keep doing it- even when you tell them to stop or show them that you're upset.....

Is it

YES...

This is

BULLYING

# Types of Bullying

## Physical

When someone pushes you, hits you or harms you in any way physically.

## Name calling

Using insults and offensive nicknames

## Social

Leaving out, fake rumours, damaging a person's reputation, excluding others, online and offline

## Cyberbullying

Being bullied online, via social networks, apps, messenger and phones

## Sexual

Unwanted sexual advances, pressurised to do sexual things, sexting, sexuality, spreading sexual rumours

# How bullying can make you feel

Depressed

Anxious

Isolated

Withdrawn

Suicidal

Humiliated

Low

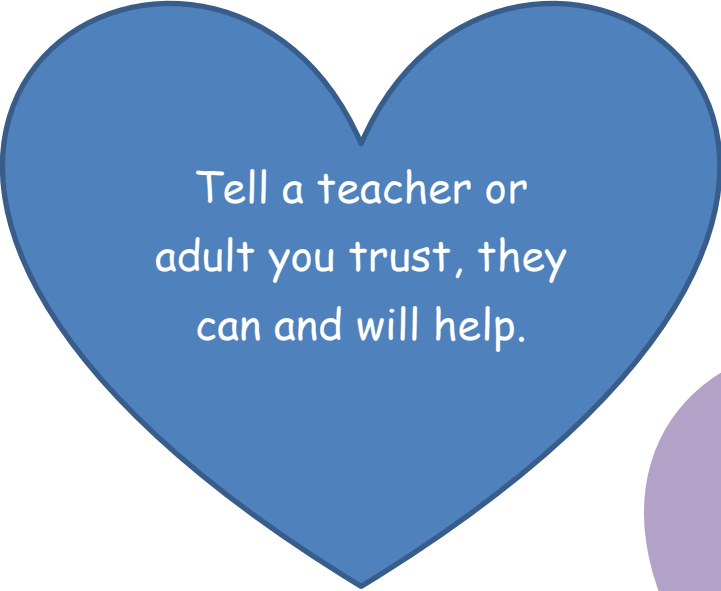
Upset

Angry


Frustrated

Blame yourself


## What to do if you are being bullied




Tell a teacher or  
adult you trust, they  
can and will help.



Don't attack or try  
to bully the bully  
back.



Ignore any nasty  
things they say - you  
know they aren't true



Play with your friends - if  
you have a good time away  
from the bully, you'll forget  
all about them.

Before you speak...

T

Is it TRUE?

H

Is it HELPFUL?

I

Is it INSPIRING?

N

Is it NECESSARY?

K

Is it KIND?