



# OUR PUPIL ANTI-BULLYING POLICY

WE SAY  
'NO' TO BULLYING HERE!

We are a kind and friendly place and we follow our CARE code.

Bullying is someone being mean to you several times on purpose!

Wales Primary  
School

## WHAT IS BULLYING?

Bullying is *one sided* - it is unkind behaviour that can happen to a person or persons.

This is *unequal* power! Bullying can take many forms:

- VERBAL - saying unkind things or saying mean words
- PHYSICAL - doing unkind things like hitting or kicking or pushing
- INDIRECT - leaving you out of a game on purpose to upset you
- CYBER/ONLINE - being unkind online

If you think you are being bullied please tell someone!

Bullying is not falling out with a friend!



Remember, you **don't plan** to fall out with a friend and you **both** get upset - that's **equal power**.

What happens if you are bullied?

If you're being bullied you should:

1. Tell an adult
2. Stay away
3. Follow the Up-stander Code

If you're the Ringleader (person bullying) you will:

1. Be spoken to by an adult
2. Be given warnings
3. Meet with the head teacher and your parents
4. Be supported to make better choices

You can be an **Up-stander**

Did you know you can help stop bullying?

How can you help.

If you see someone having a bad time you could follow the UP-STANDER code and STAND UP TO BULLYING!

Be a buddy - walk up to the person who is upset and say something like, "Hey, come and play with me!" and walk away with them.

Interrupt - walk up to the person and being bullied and say, "Quick, you're needed for this game!" or "Mrs Sampson needs us to do a job!" then walk away with them.

Speak out - speak directly to the person who is bullying, "Please don't do that, it's unkind!" Then walk away with the person who is upset.

Tell an adult - this is the best of stopping bullying. Adults cannot be everywhere so you can help if you see bullying by telling a teacher or an adult you trust if you see bullying behaviour!