



St Brigid's Primary School  
Child-Friendly  
Anti-Bullying Policy  
Feeling Safe and Happy at School



## Feeling safe and happy at school

At St. Brigid's Primary School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are experiencing bullying behaviour, or when you notice someone else being bullied.

### We can help everyone:

- To get on well together.
- Respect and understand each other.
- To know what bullying behaviour is.
- Know what to do if they feel like they are being bullied, or if someone else is being bullied.
- By telling them the names of grown-ups that you can speak to.



### What is bullying?

Bully Behaviour is when someone hurts another person more than once, by using behaviour which is meant to scare, harm or upset that person.

At our school, we use the word '**STOP**' to identify bullying behaviour:

Several

Times

On

Purpose

It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.



## Types of bullying behaviour

Bullying can be different things, and isn't just hitting or kicking another person.

Bullying can be done through another person, by one person sending another person to say nasty things.



### PHYSICAL

- \* Throwing something at someone
- \* Tripping someone up on purpose
- \* Taking / breaking someone's things
- \* Biting
- \* Pulling hair
- \* Punching
- \* Kicking
- \* Hitting
- \* Pushing
- \* Pinching
- \* Pulling
- \* Spitting
- \* Rude hand signs

### EMOTIONAL

- \* Embarrassing someone in front of other people
- \* Belittling – *making someone feel small*
- \* Insulting family or friends
- \* Mimicking – *taking the mickey unkindly*
- \* Blackmailing or threatening
- \* Name calling
- \* Swearing
- \* Teasing
- \* Being personal



### SILENT BULLYING

- \* Making nasty faces at someone
- \* Ignoring someone to be unkind
- \* Freezing a person out
- \* Telling others not to talk or play with a person
- \* Spreading rumours or gossip about a person without them knowing
- \* Doing nothing to stop it happening to someone else

### TECHNO-BULLYING

- \* Texting mean comments
- \* Anonymous nastiness
- \* Mean phonecalls
- \* Silent phonecalls to intimidate others
- \* Twitter used badly
- \* Facebook used wrongly
- \* Sending hurtful photos to lots of people, without a person's permission



## What should I do if I am experiencing bullying behaviour?

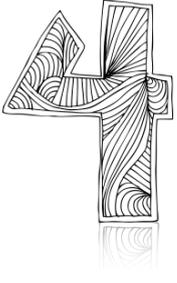
- Ask them to *STOP*, if you can.
- Make eye contact and tell the person displaying the bullying behaviour to leave you alone.
- Ignore the person and their behaviour and walk away.
- Tell a grown-up, such as your parent, teacher or assistant as soon as you can.
- Talk to a member of the Safety Squad.

Always remember that if someone is hurting you, it is **not your fault** and you are **never alone**.

You shouldn't be scared to talk to someone if you are sad or hurt. If you talk to a grown-up, we can make the bullying behaviour **stop**.

# SPEAK UP NOW





## What should I do if I see someone else being bullied?

- If you see someone else being bullied, it is important that you **help** that person.
- You should **never walk away** and **ignore** the bullying behaviour.
- If you can, and it is **safe**, tell the girl or boy to **STOP**, but never get angry or physically hurt them.
- **Tell a grown-up**, such as a teacher, as soon as you've seen someone experiencing bullying behaviour.

Grown-ups can stop the **bullying behaviour** and make that person feel **happy** again.

You should never feel **scared** to tell someone about bullying behaviour.



## Who can I talk to?



Speak Up Now

It is important that you tell someone as **soon as** you experience bullying behaviour or you notice someone displaying bullying behaviour.

Speaking to someone like your mum, dad, teacher or assistant will mean that we can make sure the bullying behaviour **stops** and doesn't happen again.

The list below shows the grown-ups at our school that you can speak to as well as your class teacher or any other adult you feel comfortable with:

Mrs Devlin- She looks after the safety and happiness of everyone at our school.

Miss Braniff- She looks after the Safety Squad and meets with them regularly.

Mrs Miller- Our Principal

Mrs Rice - Our Vice Principal

Mrs Moore- She looks after all the children at lunch time.

We will talk to the child who has been hurting or upsetting you and explain that they **MUST** stop being unkind to you.

We will give out warnings or sanctions (punishments) and will talk to parents.

Hopefully the child will realise that he or she is being unkind and will show that they are able to behave more kindly towards others so that you can feel safe and happy in school.

Your teacher will check with you that things have been ok.



## **How can I help stop bullying behaviour from happening?**

We can all help stop bullying behaviour at our school by:

- ☺ Making sure we keep to the rules in this guide.
- ☺ Helping others when they are in need.
- ☺ Being kind, friendly and respectful to others.
- ☺ Thinking about people's feelings before we say or do something.
- ☺ Taking part in PDMU, assemblies and anti-bullying week.

