

Braishfield Primary School

Anti-Bullying Policy-

Children's version

Reviewed: by Governors at

FGB November 2025

Next review date: November 2026

Braishfield Primary School Anti-Bullying Policy

OUR MISSION

- *To inspire each child to develop a love of learning for life*
- *To grow children with the ambition to be the best that they can be*

OUR VISION

We want to continue to be recognised as an excellent school which:

- *Provides a rich, purposeful curriculum, which all children can access in a stimulating learning environment*
- *Encourages high expectations for our children so that they fulfil their true potential*
- *Fosters a warm, welcoming and safe community in which every individual feels valued and understood*
- *Equips children with the life skills to play a positive and active role in the future society which they will create*

Introduction

At Braishfield 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 behaviour, and what you can do when you feel you are being bullied, or when you notice someone else being bullied (a policy is a written-down agreement of how we work and the things we have agreed to do together).

We can help you by:

- Helping you to know what bullying behaviour is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.



Bullying Definition

At Braishfield Primary School, we regularly discuss in class, assemblies and lessons what bullying behaviour is, as well as incidents we would **not** describe as bullying. It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

We agree that:

- Bullying is usually physical hurting, name calling, giving unkind looks or leaving people out of activities/games (**targeted**).
- Bullying usually happens when the relationship is imbalanced (**power**).
- Bullying is usually on-going (**repeated**).
- The acronym **STOP** (**S**everal **T**imes **O**n **P**urpose) is sometimes useful to help us recall what we have agreed that bullying behaviour is.

Types of Bullying

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying hurts others' bodies, such as punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist, homophobic or transphobic.

Racist means bullying someone because of their skin colour, race or what they believe in. This can make people feel left out, marginalised, powerless or worthless.

Homophobic/transphobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending unkind messages over the internet or by text message. This can happen beyond the school day into home and private space, with a potentially bigger audience, as people forward on content.

Bullying can be done through another person. A person sending another person to say or do unkind things would be bullying behaviour.

We have a zero-tolerance approach at Braishfield and follow up incidents quickly. We take victims' concerns seriously and have a restorative approach to problems, getting the victims(s) and perpetrator(s) together to talk about incidents. We think about the Immediate (straight away) and longer-term follow-up as well as individual and whole-school actions.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the person to **stop their bullying behaviour**.

You can also:

- Make eye contact and tell the person to leave you alone.
- Ignore the person and walk away.
- Tell a grown-up, such as your parent, carer or teacher.
- Ask a friend to go with you to find a grown-up, if you do not feel confident

You shouldn't be scared to talk to someone if you are being bullied. If you talk to a grown-up, we can help make the bullying stop.

You should try **not** to:

- Do what the person showing bullying behaviour says.
- Let what the person says or does upset you.
- Get angry or hit them.
- Always remember that if you are being bullied, it is not your fault and you are never alone.



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

Don't be a bystander- be an upstander! 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 see someone else being bullied, because that behaviour could continue.

If you can, and it is **safe**, tell the person showing bullying behaviour to **stop**, but never get angry or hit them.

Tell a **grown-up**, such as a teacher, as soon as you've seen someone being bullied. Grown-ups can help stop the bullying and help make that person feel happy again.

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

There is also a 'Worry Box', easily accessible to all, where you can leave worries about yourself or others. These are followed up by Miss Allen and the members of the 'Helping Hands' team, where appropriate.



Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied. Speaking to someone like **your mum, dad, carer or teacher** (or **another adult that you trust**) will mean that we can make sure the bullying behaviour stops and doesn't happen again.

