



Gartconner Primary School Child friendly anti-bullying policy

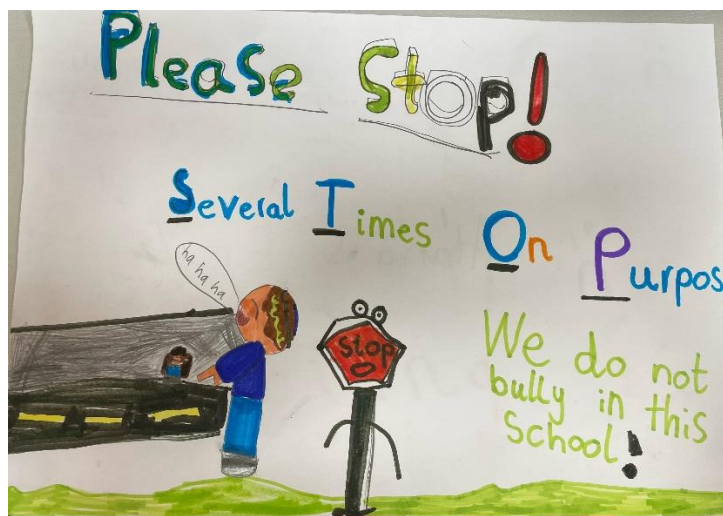
This policy was created by the rights respecting steering group (Nov. 2023)

At Gartconner everyone has the right to feel safe. We are a school that accept everyone for who they are and we want all of our pupils to be happy and learn. Everyone at our school should treat each other with fairness, kindness and respect. We take any form of bullying very seriously.

What is bullying?

Bullying is behaviour, that is repeated more than once, directed at someone looking to hurt, scare or upset the person.

In Gartconner we use the word 'STOP' to identify bullying:



Types of bullying

Bullying can be lots of different things. It isn't always physical (hitting or kicking) and it is not always face-to-face in real life.

Bullying can be...

- **emotional bullying**- hurting someone's feelings, leaving them out, ignoring them on purpose or bossing them about.
- **physical bullying**- punching, kicking, hitting, pushing or pulling someone.



- **verbal bullying**- teasing someone, laughing at someone maliciously, calling them names or using rude hand signals. People can also use verbal bullying to be **racist** or **homophobic**.
- **racists bullying**- bullying someone because of their skin colour , race or religious beliefs.
- **homophobic bullying**- bullying someone because of their gender or sexuality.
- **sexist bullying**- bullying someone because of their sex.
- **cyber bullying**- sending nasty messages through text, trolling people over the internet or during online gaming.

What should I do if I am being bullied?

Firstly, you should tell them to **STOP**.

You can also...

- Ignore the behaviour and walk away
- Tell a grown up

You should **not**...

- Let what the bully says or does upset you
- Hit, kick or be nasty back

Always remember if you feel uncomfortable or sad because of someone, you are never alone and you can tell someone. If you talk to a grown-up they can help to resolve the situation.

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

If you see someone being bullied, it is important that you do something to **help**.

You could...

- Tell a grown-up (such as a Teacher or helper) as soon as you have seen the incident



- If you can and it is safe, you can tell the bully to stop

How can we stop bullying from happening?

We can all help to make sure that bullying doesn't happen at Gartconner.

We can do this by...



- Making sure we follow our class and playground charters
- Helping others when they are in need
- Displaying our school values of **friendship**, **inclusion** and **respect everyone**

The behaviour table Gartconner use as a guide during restorative conversations

Conflict / falling out	Rude / Bad mannered	Mean / Nasty	Bullying
Occasional	Occasional	Occasional	Dependent on impact
Not planned/in the heat of the moment	Unplanned/often unintentional behaviour	Intentional behaviour	Is often planned and done on purpose
Everyone involved is upset	Can upset and cause hurt feelings	Can hurt deeply	Can cause serious, life-long emotional damage
Everyone involved wants to work it out	Often based on the person not thinking kindly or showing bad manners	Often done in anger; thoughtless cruelty	The bully is trying to gain power or control over the target
Everyone will accept responsibility	Rude person should accept responsibility	Behaviour is often regretted	The bully often blames the target
An effort is made by everyone to solve the problem	Rude person says sorry	Apology is sufficient	The target wants the bully's behaviour to stop
Can usually be resolved by talking it out	Social skill building could be of benefit	Teacher/adult must speak with person this behaviour cannot be ignored	Cannot be resolved by talking it out