

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

- Tell an adult straight away and your nearest AB Star
- Don't try and get involved—you might end up getting hurt or you could end up in trouble yourself
- Don't stay silent or the bullying will keep happening

### The Headteacher, Governors and the staff will work together to:-

- Make our school a place where everyone can feel safe and happy, That means No Bullies Allowed
- We will help everyone to get on with each other and we believe that everyone has the **right** to be who they are, **enjoy** coming to school and to feel **safe** whilst they are here.

### What will happen to a bully?

- Teachers will get involved to and help you solve problems. They may give out warnings, **yellow** or **red** cards and may even speak to parents.
- Staff may use restorative strategies to help re-



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# Anti-Bullying Policy Child Version



*“Every child has a right to an education” - Article 28*  
*“Every child has a right to relax and play” - Article 31*  
*“Every child has a right to feel safe” - Article 19*

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## What is Bullying and Harassment?

A bully is someone who 'hurts' or 'harasses' someone else by demonstrating behaviour which is **intended** to cause harm or **distress** to another.

It can be characterized as offensive, intimidating, malicious or insulting and is a misuse of any **power**. The behaviour is normally **repeated**. We must remember that something may be going on in the 'bully's' personal life which may effect their school life/behaviour.



**Emotional/psychological**—Hurting people's feelings, leaving you out e.g. at break-times and stereotyping.

**Physical**—Punching, kicking, spitting, hitting, pushing, intimidating behaviour.

**Verbal**—Being teased, name calling, swearing (due to a disability or other protected characteristic)

**Online**—Saying unkind things by text, e-mail, and online using social media, chat spaces and online games or persuading someone to engage in unsafe games.

It is bullying when it is...

Several  
Times  
On  
Purpose



## Who can I tell?

- A Friend
  - Parents/Carers
  - School staff
  - School Council
  - Values Champions
  - Anti-Bullying Stars
  - Emergency Services
- Most importantly:**



Start  
Telling  
Other  
People

**YOUNGMINDS**

## If you are being bullied

DO:

- Ask them to **STOP** if you can.
- Use eye contact and tell them to go away.
- Ignore them
- Walk away
- Use your Worry Eater
- Tell the truth
- Talk to a friend
- **BE BRAVE**
- **TELL SOMEONE YOU TRUST**

DON'T:

- Do what they say
- Get angry, retaliate or run away
- **KEEP IT TO YOURSELF**

