

Gillingstool Primary School's Child-Friendly Anti-Bullying Policy

At Gillingstool, we are a **TEAM** and we treat each other as we want to be treated.



We want everyone in our school to feel **safe**, **respected** and **ready to learn** every day. We look after each other and work together to solve problems kindly and fairly.



What should I do if something goes wrong?

If something happens that worries or upsets you:



- **Tell a trusted adult** straight away.
- This could be your class teacher, another teacher, a lunchtime adult, an anti-bullying ambassador, or an adult at home.

You will be **listened to** and taken seriously.

What will adults do to help?

- An adult will ask you questions so they understand what has happened.
- It's important to be **honest**, so they can help properly.

- What you say will be written down and shared only with adults who need to know.
- Adults will talk to everyone involved and make a plan to help.
- The plan will help you feel safe and will also help others change their behaviour.
- Adults will check in with you to make sure the plan is working.

Rude, Mean or Bullying – what’s the difference?

Rude

- Someone says or does something **by accident**.
- It usually happens **once**.

Mean or Unkind

- Someone says or does something **on purpose**.
- It might happen once, or you might do it back.

If this happens, try asking them to stop, ignore the behaviour, walk away and if this doesn't help, find a trusted adult to tell.

Bullying

Bullying is when:

- Someone is **hurtful on purpose**,
- It **keeps happening**, even after you ask them to stop,
- And there is an **imbalance of power** (for example, someone is bigger, older, or has a group against one person).

Bullying is not acceptable at Gillingstool Primary School.

What is cyberbullying?

Cyberbullying is bullying that happens:

- Online
- On social media
- In online games

- Through texts, messages or emails

This might include:

- Sending unkind or threatening messages
- Posting or sharing photos or information without permission
- Saying unkind things about someone online

If it keeps happening and doesn't stop when you ask, it is cyberbullying.

Adults at home will help keep you safe online by checking devices. You can also **tell an adult in school**, and we will help.

Bullying can include:

Hurting others physically



Threatening others



Saying unkind things



Leaving people out on purpose



Taking or damaging other people's belongings



Remember: TELL an adult

If rude or mean behaviour **does not stop**, or if it feels like bullying, **tell an adult**.

People who can help may include:

- Your class teacher
- Any teacher
- Lunchtime staff
- Anti-bullying ambassadors
- Adults at home
- Any other adult in school

You are never telling tales – you are **keeping yourself and others safe.**

At Gillingstool, we stand together. We are proud to be a school where everyone belongs, everyone matters, and everyone has the right to feel safe and happy.