

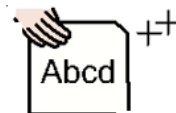


Our Pupil Anti-Bullying Policy

5 K's



Kind words



Kind hands



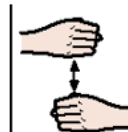
Kind feet



Kind thoughts



Kind actions



We can all make our school a safe place for us all by following the 5Ks.

What is bullying?

Bullying is one-sided. It is unkind behaviour that can happen to a person or persons - this in unequal power!

Bullying is targeted behaviour. It is hurting someone repetitively, over-and-over, on purpose.

Bullying can take many forms:



verbal



physical



indirect



cyber/online

Verbal – saying unkind things

Physical – doing unkind things, like hitting or kicking or pushing

Indirect – leaving you out of a game on purpose to upset you or ignore you

Cyber / Online – being unkind online

If you think you are being bullied, please tell someone!

BULLYING IS NOT FALLING OUT WITH A FRIEND! REMEMBER: You don't plan to fall out with a friend and you both get upset – that's equal power!



BE



STRONG!



How

to



get



help:



Walk



away.



Tell



them



to stop!



Tell



a trusted



adult.



Tell



a friend.

You can be an UPSTANDER! Did you know, you can help to stop bullying?

If you see someone having a bad time, you could follow the UPSTANDER CODE and stand up to bullying!

Be a buddy – walk up to the person who is upset and say something like, “Hey, come and play with me!” and walk away with them.

Interrupt – walk up to the person being bullied and say, “Quick, you’re needed for this game!” or “Miss Marshall needs us to do a job!” then walk away with them.

Speak out – speak directly to the person who is bullying, “Please don’t do that – it’s unkind!” Then walk away with the person who is upset.

Tell an adult – this is the best way of stopping bullying. Adults cannot be everywhere so you can help if you see bullying by telling a trusted adult when you see bullying behaviour!

Remember – Think before you speak! Remember the 5Ks

Created by the Lower Meadow School Council, November 2023