Hotwells PRIMARY SCHOOL

ANTI-BULLYING POLICY

At Hotwells, we are kind, we respect each other and we include everyone.
We all have the right to feel happy, safe and included at school. **We do not accept bullying of any kind.**

WHAT IS BULLYING?

Bullying is when someone **deliberately** hurts or upsets someone else **repeatedly**.

It can be face to face, online or through other ways.

WHAT TO DO IF YOU ARE BEING BULLIED

1. Tell the person to STOP.
2. Walk away and get to a safe place.
3. Tell a trusted adult at as soon as you can.
4. Keep telling until someone helps.

It is NOT your fault. You have done the right thing!

WHAT TO DO IF YOU SEE BULLYING:

Be a defender, not a bystander!

- Check in with the person being bullied.
- Tell a trusted adult straight away.
- Include them and show you care.
- Kindness can make a big difference.

OUR PROMISE TO YOU:

- We will listen to you.
- We will take all bullying seriously.
- We will help you to feel safe.
- We will work with you and your family.
- We will do our best to stop bullying.

TYPES OF BULLYING:

Bullying can be many different things.

PHYSICAL
Hitting, kicking, pushing, taking things.

VERBAL
Name-calling, teasing, threats, racist or sexist comments.

CYBER
Hurtful messages, online abuse, sharing unkind content.

EMOTIONAL
Ignoring, leaving someone out, spreading rumours

PREJUDICE-BASED
Because of race, religion, gender, disability, sexuality or other differences.

SEXUAL
Unwanted comments, touching or sharing inappropriate images.

At Hotwells, we are a community that RESPECTS, CARES and CELEBRATES everyone.

REMEMBER:

Talk to a trusted adult.

If something doesn't feel right, tell a trusted adult at school or at home.

Keep telling until someone listens and helps you.

You are never alone.