Selsted CE Primary School: Being Kind & Keeping Safe Together

(Child-friendly Anti-Bullying Policy)

At Selsted CE Primary School, we want our school to be a happy, safe, and friendly place where everyone feels welcome, cared for, and respected.

What is Bullying?

Bullying is when someone hurts another person **on purpose** with their words or actions, and it happens **again and again**. It makes the other person feel sad, upset, or scared, and it can make it hard for them to defend themselves.

Bullying can happen in different ways:

Physical: Hitting, kicking, pushing, or taking/breaking someone's belongings.

Verbal: Name-calling, teasing, mocking, or saying mean and hurtful things.

Social: Leaving someone out on purpose, spreading secrets or rumours, or telling others not to play with them.

Online (Cyberbullying): Sending mean messages, sharing unkind photos, or being nasty on phones, games, tablets, or social media.

Prejudice: Being mean to someone because they look different, have different beliefs, come from a different culture, or need extra help.

Remember: Being mean is never just "a joke" or "banter" if it hurts someone's feelings.

What to Do If You or Someone Else is Being Bullied

If you are being bullied, or if you see someone else being bullied, **you do not have to deal with it alone**.

Tell a Trusted Adult: Talk to a teacher, teaching assistant, Mrs. Cooper, Mrs. Hills, Mrs. Ive, or any adult at school. You can also tell your parents or carers.

Keep Evidence (if online): If something hurtful happens on a phone or tablet, tell an adult right away. Don't share or forward mean messages; show them to an adult so they can help.

Remember it is NOT your fault: You did nothing wrong, and reporting bullying is always the right thing to do.

What Will Adults at School Do to Help?

When you tell us about bullying, we will:

Listen to you carefully and take everything you say seriously.

Make sure you feel safe right away.

Talk to everyone involved kindly and fairly to understand what happened.

Help fix the problem and make sure the mean behaviour stops.

Support you to help rebuild your confidence and feel happy at school again.

Help the person who bullied understand why their actions were wrong so they can change their behavior and make better choices.

How We Can All Prevent Bullying

Every pupil at Selsted CE Primary School can help keep our school a safe and happy place:

Treat everyone with **kindness, respect, and fairness**.

Welcome others into your games and activities.

Celebrate that we are all unique and different!

Speak up if you see someone feeling left out or upset.