



# Osmotherley Primary School

## Anti-Bullying Policy

Osmotherley Primary School is a friendly and caring school. We believe that everyone has the right to feel happy and safe and we are determined to prevent and defeat bullying.

### What Is Bullying?

**Bullying is when a person or group of people repeatedly and intentionally hurt another person or group of people. There are different types of bullying:**

- **Physical** - hurting by hitting, kicking, taking belongings
- **Verbal** - using unkind or offensive words, name-calling, insulting remarks
- **Social/Non-verbal** - excluding, using offensive or unkind gestures, unkind notes
- **Emotional** - personal comments, making someone feel isolated or unhappy
- **Cyber Bullying** - unkind texts or posts on social media, sharing images and information
- **Racial or Homophobic Bullying** - bullying related to race, gender, sexuality, belief or ability

### What Do Adults And Children At Osmotherley School Do To Stop Bullying?

- We have an anti-bullying week every year
- We learn about bullying and what we should do if it happens to us
- We learn how to stay safe online and how to report cyber-bullying
- We have school values—Respect, Resilience, Empathy and Reflection. These values help us to treat others in a kind and caring way
- We follow school rules and we write class rules. We understand the rewards for following them and the consequences if they are not followed
- The adults at school supervise the children at all times
- The adults at school look out for bullying and listen to the children
- We have Playground Buddies to help children every playtime
- We tell an adult if we are being bullied
- We tell an adult at school if we know someone else is being bullied
- We will not ignore bullying or join in

### What To Do If You Are Being Bullied

- Report it immediately. Tell someone you trust—a teacher, a parent, a friend
- Let the person or people who are bullying you know that it is wrong and that it is hurtful
- Remember that it is not your fault—there may be an underlying problem that is causing the person or people to be unkind to others
- Speak up and don't stop until someone helps you and stops the bullying.