

Alma Park Child Friendly Anti-Bullying Policy

In our school a bully is someone who is hurtful towards another person more than once on purpose and where there is a power imbalance.

What is bullying?

Bullying can be:

Emotional: Isolating, tormenting, hiding things, excluding, manipulating

Physical: unwanted physical contact or touching, pushing, poking, kicking, hitting, pinching etc...

Verbal: name calling (including homophobic, bi-phobic, trans-phobic, misogynistic, ableist and/or racist abuse), sarcasm, spreading rumours, threats, teasing, belittling

Cyber: posting on social media, sharing photos, send nasty messages, social exclusion

When is it bullying?

Several

Times

On

Purpose



Who can I tell?

A friend

A family member

An adult in school

Someone you trust

Most importantly

If you feel you are being bullied:

Start

Telling

Other

People

If you are bullied:

Do

- Ask them to stop if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE!



DON'T

- Do what they say
- Get angry or look upset
- Hit them
- Think that it is your fault
- Hide it
- Do not retaliate.

What should I do if I see someone else being bullied?

- Don't walk away and ignore the bullying.
- Tell the bully to stop if it is safe to do so.
- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- TELL SOMEONE.