



Creating Learners Without Limits

Title	Victoria Primary Child Friendly Anti-Bullying Policy
Reviewed	November 2025
Next Review	November 2026
Associated Policies	Anti-Bullying Policy
Originator	Katie Osborne

Feeling safe and happy at school

At **Victoria Primary Academy**, we want to make sure that you feel cared for, looked after, safe and happy when you are in and out of school. Sometimes we don't know if something bad is happening, so we need you to tell us.

This policy looks at bullying; what is bullying, what you can do when you feel you are being bullied, or when you see someone else being bullied.

We can help you by:

1. Helping you to know what bullying is.
2. Explaining the different types of bullying so you understand more about bullying.
3. Teaching you what to do if you feel like you are being bullied.
4. Teaching you what to do if someone else is being bullied.
5. Telling you who you can speak to if you have a problem regarding bullying.
6. Knowing how we as a school will help stop bullying from happening.

1

What is bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person. At our school, we use the word 'STOP' to identify bullying:

Several

Times

On

Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**. Bullying is behaviour which is **repeated on purpose** and is meant to **upset** someone.

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Types of bullying

There are different types of bullying, different ways people might get bullied.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting, pinching or pushing someone and causing them physical harm.

Verbal bullying is teasing someone, calling them names, or using hand signs. People can also use verbal bullying to be **racist**, **homophobic** or **sexist**.

Racist means bullying someone because of the colour of their skin, race or religion, what they believe in.

Homophobic means bullying someone because of their gender or using homophobic language; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages by phone like text message or over the internet like on social media accounts, chat rooms or on games.

Bullying can also be done through another person, by one person sending another person to say nasty things.

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What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to stop and to tell someone.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher, an Anti-Bullying Leader or an Anti-Bullying Ambassador.
- Draw or write it down on an anti-bullying recording form.
- KSI, use the face charts to help tell an adult that you would like to talk about bullying.
- Write it down on paper and put it in your class worry boxes.

You should try not to:

- Do what the bully says.
- Let what the bully says or does upset you.
- Get angry or hit them or say nasty things back.

Always remember that if you are being bullied, it is **not your fault** and you are **never alone**. You shouldn't be scared to talk to someone if you are being bullied. If you **talk** to a grown-up, we can **make the bullying stop**.

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

If you see someone else being bullied, it is important that you help that person. You should never walk away and ignore the bullying if you see someone else being bullied, because the bully will keep on upsetting that person. We want you to be an upstander, not a bystander.

- If you can, and it is safe, tell the bully to stop, but never get angry or hit them.
- Tell a grown-up, such as a teacher, or an anti-bullying ambassador as soon as you've seen someone being bullied.
- If you can't find a grown up to tell or an ambassador, make sure you write or draw the incident down on our anti-bullying recording form.
- You can also write your concerns on paper and put it in your class worry boxes if you find that easier to do.

Grown-ups can stop the bullying and make that person feel happy again. You should never feel scared to tell someone about bullying.

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Who can I talk to?

It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied. Speaking to someone like your mum, dad, carer or teacher will mean that we can make sure the bullying stops and doesn't happen again. The list below shows the grown-ups at our school that you can speak to:

- Your class teacher
- The teacher/lunchtime supervisor on duty
- The Anti-Bullying Leaders are; Mrs Thomas, Mr Pearson, Mrs Spruce, Mrs Preston and Mrs Meredith.
- Playtime ambassadors
- Get a parent to email our Anti-Bullying leaders.

Anti-bullying@victoriaprimaryacademy.org.uk

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How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the rules in this guide.
- Helping others when they are in need.
- Being kind, friendly and respectful to others.
- Thinking about people's feelings before we say or do something.
- Taking part in circle time and anti-bullying week.
- Following the Victoria Values and school rules; **Ready, Respectful, Safe** .
- Be an upstander not a bystander.