



Lower Park School  
Anti- bullying Policy  
By The Inclusion Ambassadors 2022

**This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.**



## Feeling safe and happy at school :

At **Lower Park School**, we want to make sure that you feel safe and happy when you are in and out of school. We always want you to feel like you have someone to talk to if you need to.

Sometimes we don't know if something bad is happening, so you need to tell us. 😊

We can help you by:

- **Helping you to know what bullying is**
- **Learning about how to recognise bullying**
- **Explaining what you could do if you feel like you are being bullied**
- **Teaching you what to do if you see someone else being bullied**
- **Telling you names of grown-ups that you can speak to in school**
- **Knowing how we can prevent bullying**



### 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:

**S**everal  
**T**imes  
**O**n  
**P**urpose

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:

Bullying can be different things, and isn't just hitting or kicking another person.

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

**Physical bullying** is punching, kicking, spitting, hitting or pushing someone.

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

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

**Homophobic** means bullying someone because of their gender or sexuality; 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 over the internet or by text message.

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



## What should I do if I am being bullied?

If you are being bullied, you can:

- **Tell the bully to stop**
- **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.**

You should try not to:

- **Obey the bully**
- **Let what the bully says or does upset you.**
- **Get angry or hit them.**
- **Feel threatened by the bully**

**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, they can **make the bullying stop**.



## 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 witness someone else being bullied, because the bully will keep on upsetting that person.

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, as soon as you've seen someone being bullied.

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:

- **Any teacher in school**
- **Any member of staff that you feel comfortable talking to**

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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 assemblies, PSHE time and anti- bullying week.**

