Bullying- ks2

What is Bullying?

Bullying is very serious. Bullying is **deliberate** and **repeated**. It is important to remember that single problems and falling out with friends are not bullying. Bullying is when one person **deliberately** hurts someone either physically or emotionally **again and again**. Bullying can be:

Emotional: being unfriendly, deliberately leaving someone out, tormenting (e.g. hiding someone's things, name calling or using threatening gestures) making fun of someone or humiliating someone (i.e. saying things on purpose to make someone feel embarrassed)

Physical: pushing, kicking, hitting, throwing things at someone, biting or any use of violence, taking or hiding someone's things.

Verbal: name calling, spreading rumours, teasing, making fun of someone, using sarcasm or any words in a cruel way, making rude remarks about a person.

Racial: Saying unkind or insulting things about a person's culture, religion or race. Using racist language, writing racist remarks or drawing racist pictures, using racist gestures. Using terms that describe a person's race or culture as an insult.

Discrimination: Using words to describe a person who is seen as different, to be insulting or cruel. Saying unkind words, writing unkind language, drawing unkind pictures or using gestures to make another person feel upset or embarrassed.

Disability Discrimination: Using words that describe a person's disability as an insult, saying unkind things about a person's disability or special educational need, writing negative comments or drawing discriminatory pictures.

Cyber Bullying: Sending unkind, cruel or insulting messages on social media, sharing photographs of other people without their permission with the intention of making them feel embarrassed or upset

What is a Bystander?

A bystander is a person who is nearby when something is happening. Bystanders must take action by doing one of the following:

- Saying 'stop' to the bully
- Moving away from the bully taking the person who is being bullied with them
- Telling an adult so that they can help

If a bystander does not take action to stop the bullying, the bullying will continue, and bullying is never okay.

What should I do if I think someone is being bullied?

If you think someone is being bullied you must tell your teacher or another school adult. You might want to speak to our learning mentors too, Karen or Rupia.

What should I do if I am being bullied?

If you are being bullied, take action:

- Make eye contact with the bully and tell them to leave you alone or
- Ignore the bully and walk away
- Contact Childline
- Log on Toot Toot

Then, you must always tell an adult that you trust. Tell your teacher or another school adult like our learning mentors, Karen/Rupia. If you are finding it difficult to talk to an adult in school, tell an adult at home and ask them to come and talk to your teacher, or an Assistant Headteacher, the Deputy Headteacher or the Headteacher. Bullying is never okay and the grown-ups at Cubitt Town will work hard to make it stop.

How can I stop bullying from happening at Cubitt Town Primary School?

You can help to stop bullying at Cubitt Town by:

- Keeping to our three school rules: **ready**, **respectful** and **safe**
- Helping others when they need help
- Being kind and friendly to others
- Thinking about other people's feelings before you say or do something
- Joining in with PSHE lessons