

# Golden Valley Primary School

## Anti-Bullying Policy

November 2025

Written by the Anti-bullying Ambassadors



## What is Bullying?

**Bullying is repeated unkind behaviour that is intended to make others feel upset, uncomfortable or unsafe.**

**Emotional:** Hurting people's feelings, leaving you out, being bossed about, rude comments and gestures.

**Physical:** Punching, kicking, spitting hitting, pushing, inappropriate touching.

**Verbal/Written:** Teasing, name calling, spreading rumours, graffiti.

**Through a 3<sup>rd</sup> person:** Sending a friend with unkind messages.

**Racist:** Calling you racist names or using racist language

**Cyber:** Saying unkind things by text, e-mail and on social networking sites.

### Bullying is not:

- A fall out with a friend
- A series of arguments with someone you don't like or in anger (This is conflict)
- Something that only happens once
- A one off physical act of aggression e.g. pushing someone

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

### Start Telling Other People

#### Do:

- Ask them to stop
- Use eye contact to tell them to go away
- Act as if you don't care about what they say or do
- Tell a friend
- Tell someone and get help straight away
- Speak to a trusted school adult
- Speak to a trusted adult at home
- Tell an anti-bullying ambassador
- Put a note in the Worry Box

Remember, it is not your fault and the school will help put things right for you

- Get angry and fight back- try to stay calm
- Retaliate
- Think it is your fault
- Hide it
- Do as the bully says

### Speak To Other People

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



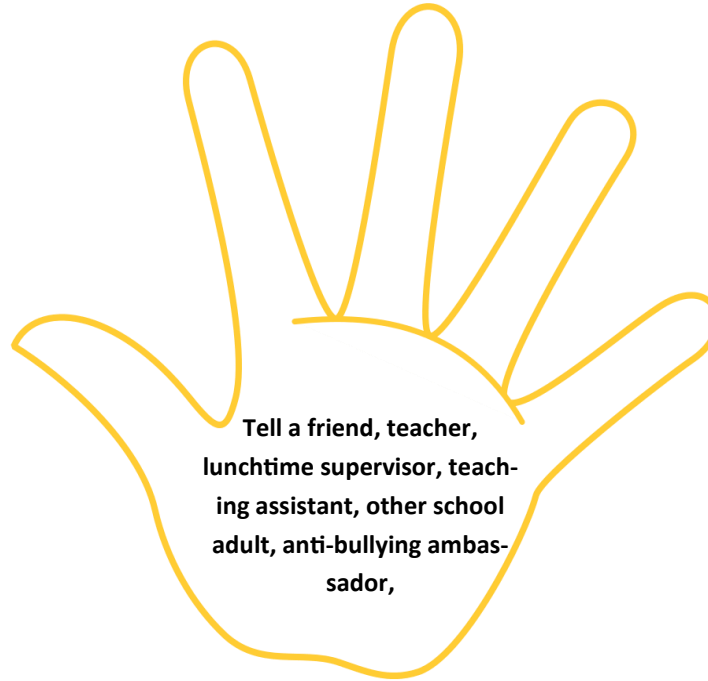
Tell an adult straight away. Don't stay silent or the bullying will keep happening.

Tell the perpetrator you do not agree with what they are doing and ask them to stop if you feel safe to do so. However, don't get too involved as you might get hurt or could get in trouble yourself.

Show the perpetrator you are not happy about it by giving them eye contact and walking away.

Comfort the person who has been a victim and tell them to speak to someone. Reassure them that it isn't their fault.

## Who can I tell when I need a helping hand?



### What will the school do about Bullying?

- Record and report incidents
- Tell parents what has happened
- Support children that have been bullied
- Educate and support children who have bullied
- Check in with children who have been bullied so we know things have got better
- Hold an anti-bullying week each year
- Deliver anti-bullying activities throughout the year

## We all need to work together to S.T.O.P bullying.



We want to make everyone feel safe and happy. Bullying can make people feel frightened and upset. This also affects their learning and how they feel about themselves.

### To deal with bullying everyone must:

- Respect each other
- Value our differences
- Treat each other with kindness
- Challenge our friends and others when they are not treating other people kindly
- Report bullying so that the school can deal with it

**Bullying outside of the school will be dealt with by school adults.**