Children's Anti-Bullying Policy

At Ashbrook Junior School, we treat each other with respect and in the way we would want to be treated. We have a zero-tolerance approach to bullying in our school.

Our school rules include:
- Ready
- Respectful
- Safe

Our trust values include:
- Respect
- Kindness
- Equality
- Creativity

These rules and values help show us how we should treat one another equally with respect and kindness, as well as ensuring we are all safe.

What is bullying?

Bullying is behaviour that is intentionally harmful and deliberate. It is also behaviour that is repeated several times.

Several
Times
On
Purpose

If someone accidentally bumps into you or causes an accident, this is not bullying as it is a one-off incident. The same can be said for someone saying something mean once to you. Whilst this is unacceptable, if it is a one-off behaviour it isn't bullying.

Bullying can occur anywhere and to anyone. It can happen online (cyberbullying), or face-to-face. Bullying doesn't have to be physical, but children that bully others tend to use whatever source of strength they have to control and hurt. This might be their size or stature, this social standing within their school, or some other quality that they think makes them superior to their peers. Using a source of strength, possibly with the help of others, to repeatedly make one person feel bad about themselves is a common aspect of bullying behaviour.

What should you do if you feel you are being bullied?

If someone does something that isn't nice to you or that makes you unhappy, you should always speak to an adult in school. Before using the term bullying, consider whether this is something that has happened several times already or whether it is a one-off incident to report.

If you think you are being bullied:

- Speak to an adult in school

- Ignore the bully

- Hold your head high

- Don't retaliate

- Stick with your real friends

STOP

Start

Telling

Other

People

If you think someone is being bullied, be kind and help them by telling an adult in school and being a friend to them.

What is cyber-bullying?

Cyberbullying is a kind of bullying that uses digital technology in some way. Cyberbullying typically occurs between young people, or children.

Cyberbullying is a vast spectrum and can be carried out over a wide range of platforms, such as:

- Social media: Instagram, Facebook, Twitter, Snapchat, etc.

- Text messages

- Phone calls

- Email

Cyberbullying is different to bullying in that it only needs to happen once to be classed as bullying. This is because you have purposefully sent a message via digital platforms so cannot claim it is an accident.

If you think you are being cyberbullied:

- Speak to a trusted adult
- Take screenshots
- Don't retaliate
- Block the person/ people involved
- Use the report function if there is one

Remember to treat everyone with the kindness and respect you would want them to treat you with. Everyone at Ashbrook Junior School deserves to be treated with respect and to feel happy at school. If you do something that accidentally upsets someone, remember to say sorry so they know it was an accident.