Stranton Primary School
Where only the best is good enough

Anti-Bullying & Child on Child Abuse

Say STOP to Bullying and Abuse from others!

Child Friendly Version

Eden Academy Trust
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Feeling Safe and Happy at School

Stranton Primary School is a Rights Respecting School. We also value pupil's spiritual, moral, social and cultural beliefs. This means that we want to make sure that you feel safe and happy when you are in and out of school. Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at peer-on-peer abuse and bullying, and what you can do when you feel you are being abused or bullied, or when you notice someone else being abused or bullied.

We can help you by:

- Teaching you what peer-on-peer abuse is.
- Teaching you what to do if you feel like you are being abused, or if someone else is being abused.
- Making sure you know the adults you can speak to if you are worried.

What is Child on Child Bullying and Abuse?

Abuse is something which usually physically or emotionally hurts another person by using behaviour that is meant to scare, hurt or upset that person.

Bullying is when someone hurts another person more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person.

Sometimes, it can be hard to know when abuse is happening, because not all abuse will hurt, scare or upset you, and you might not know it is happening. It's really important you know when you are being abused so we can make sure it stops.

There are different types of bullying and abuse:

- **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 rude 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 to hurt their feelings.
- **Sexist** means bullying someone because of their sex (whether they are a boy or a girl).
- **Cyber bullying** involves sending 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.

Bullying is when it happens several times on purpose.

We can remember this using STOP.

Several
Times
On
Purpose

Sometimes, people say things to make people laugh and try and be funny but it may be hurtful to that person.

Think before you speak!

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Who Can I Tell?

There are lots of people in School who can help. **Mrs Grant, Mr Nottingham, Mrs Johnson and Mrs Wilson** are the team who are here to help keep you safe but there are others too…

You can tell:

- A friend you trust
- A School Council member
- Your Class teacher
- Any adult in school who you trust
- Anyone who is nearby

There are lots of people outside of school who can also help:

- Parents
- Family relations
- Grandparents
- Neighbours or family friends
- Anyone else you feel you can trust

MOST IMPORTANTLY if you feel you are being bullied or abused:

Start
Telling
Other
People

What should I do if I am being bullied or abused by my peers?

- Ask them to stop if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- **TELL SOMEONE!**

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Try not to…

- Do what they say
- Get angry or upset
- Hit them
- Think that it is your fault
- Think you will get into trouble
- Hide it
- Retaliate

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

- Don't walk away and ignore it.
- Tell the bully to stop if it is safe to do so.
- Don't stay quiet or the bullying will not stop
- Don't get angry
- **TELL SOMEONE!**

You have a right to enjoy safe and healthy relationships with others.

Types of Relationships

Any relationship you have should be **healthy** and **happy**. A bad relationship might make someone feel scared, confused, worried and even unsafe. It's really important that you know the difference between a healthy relationship and an unhealthy relationship.

In a **Healthy** Relationship:

- You are comfortable around that person.
- You can be honest with that person.
- You can say how you feel, what you are thinking and you listen to and support each other.
- You feel safe.
- You trust that person.

- You are equal – you don't tell each other what to do.

In **Unhealthy** Relationship:

- The person might push you, hit you or destroy your things.
- The person might tell you what to do, what to wear or who you can see.
- You might feel scared – they might say they will hurt you if you don't do something. They might also say they will hurt you if you do something too.
- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself.
- The person gets angry easily and you don't know what will make them angry – it might make you feel nervous.
- The person might pressure you to do things you don't want to.
- The person might not take no for answer when you say you don't want to do something.
- Changing looks to look much older.
- Being abusive to someone else.

The Headteacher, Governors, Staff and School Council will work together to:

- Make our School a place where everyone can feel happy. That means no bullying is accepted.
- Help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.
- You can see how we promise to keep you safe in our Safeguarding Charter.