



Green Oaks Primary Academy

Child-Friendly Anti-bullying Policy

Reviewed: September 2024

Next Review: September 2025

Feeling Safe and Happy at School

At Green Oaks Primary Academy, it is a place where everyone has the right to be themselves. It's a place where everyone can feel safe, be happy and learn.

Everyone at our school is included and acts with respect and kindness towards each other.

Our school takes bullying very seriously.



What is bullying?

Bullying is when a person is hurtful or unkind to someone else on purpose more than once. Bullying can be done by one person or by a group of people. A useful way to remember bullying is, STOP.

SEVERAL TIMES ON PURPOSE (and hurtful)

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 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 gay or lesbian to hurt their feelings would be homophobic.



Sexist bullying 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.

Why does bullying happen?

Although bullying doesn't happen very much at Green Oaks, it might happen. People who bully can be older, younger, bigger, or smaller than you. People who bully pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied, remember that it is never your fault.

Where does bullying happen?

Bullying can happen at school, after school and online.

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

At Green Oaks we all take responsibility in keeping each other safe. It is never OK to see someone being bullied and do nothing about it (being a bystander).

You can:

- Tell people to stop (become a defender)

➤ Tell an adult about what has happened.

If you think someone is being bullied then talk to the person, ask if they are okay and ask if you can help them talk to a teacher or an adult they trust.

What should I do if I am being bullied?

If you are being bullied, it is important to tell someone you trust. Tell an adult or friend, either at school or at home.

If you have already told an adult about bullying, you can still tell them again.

You can:

1. Tell a teacher – your class teacher or any other adult
2. Tell a friend you trust
3. Tell any other adult staff in school – such as teaching assistances, midday supervisors or the school office. Your Safeguarding Team can help too!
4. Tell an adult at home.
5. You can also write a note to put in your class worry box.
6. You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone about what you have said.

If you tell a teacher or adult in school, they will be able to help you. They will tell Mrs Dunckley and your parent or carer so that they can help you. Telling an adult will never make bullying worse. They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.

Let's continue to make Green Oaks Primary
Academy a happy place!