



## Over St. John's C.E. Primary School

'Let your light shine before others.' Matthew 5:16

### Our Over St John's Anti-Bullying Promise

There are no outsiders at Over St John's – everyone is welcome.

#### Our School Rules

We are Ready, Respectful, Safe.

Bullying is never okay at Over St John's or in the wider world.

#### What is Bullying?

Bullying is not just being mean or having an argument. It happens when someone **hurts another person on purpose, again and again**, and the other person finds it hard to stop it. It is one-sided and unfair because the bully has **more power**. This is called an imbalance of power.

Power can mean:

- Being bigger or stronger
- Having more friends
- Feeling more confident

Sometimes bullies do this to **look important or popular**. They might even get help from other children who laugh or join in.

At Over St John's, we believe **everyone is equal and everyone is welcome**. No one should use power to hurt others.

Bullying can look like:

Calling people names or laughing at them to their face or behind their back

Hitting, kicking, or pushing or any other physical hurting

Leaving someone out on purpose

Spreading unkind stories or lies

Taking or breaking someone's things on purpose

Sending nasty messages online when gaming, on social media or by text (cyberbullying)

## What Should You Do?

Remember S.T.O.P means something is happening Several Times On Purpose – that's bullying. If this happens then

## **Start Telling Over St John's People**

You can tell a teacher, a trusted adult, or a KiVa team member.

### KiVa Helps Us To Stop Bullying

- KiVa lessons teach us how to be kind and how to help if someone is bullied.
- We learn that **bystanders** matter – if you see bullying, don't join in. Help the person or tell an adult.
- If bullying happens, the KiVa team talks to everyone involved and helps make it stop.
- Sometimes, friends are chosen as supporters to help the bullied child feel safe.

### Everyone's Job

- Children: Be kind, include others, and speak up if you see bullying.
- Teachers: Help you feel safe and listen to you.
- Parents: Work with school to keep everyone safe.

### Remember...

Bullying is wrong. You are important. Our school is a place where everyone belongs and 'Let's their light shine before others.' Everyone is welcome – there are No Outsiders at Over St John's CE Primary School.



Written by the School Council

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