



St. Lawrence Church of England Primary School

BULLYING POLICY FOR CHILDREN

SEPTEMBER 2026

What is bullying?

In our school a bully is someone who hurts someone more than once, deliberately using behaviour which is meant to hurt, frighten or upset another person. Bullying can happen because of how someone looks, where they come from, their religion, disability, family, interests or because they are different in some way.

Bullying can be.....

Emotional: Hurting people's feelings, leaving you out, making you feel bad.

Physical: Punching, kicking, spitting, pushing, theft.

Verbal: Being teased, name calling, being rude.

Racist: Calling you racist names, graffiti.

Cyber: Being hurtful through text messages, group chats, social media, online games, videos or photographs.

When is it bullying?

Several
Times
On
Purpose



Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person. **Think before you speak!**

Who can I tell?

- ✓ A friend
- ✓ A family member
- ✓ Member of the school council
- ✓ Any teacher at school or any adult in school
- ✓ Someone you trust
- ✓ Any trusted adult

MOST IMPORTANTLY

If you feel you are being bullied:

**Start
Telling
Other
People**

If someone is hurting you, threatening you, touching you in a way that makes you uncomfortable, or sending upsetting messages online, tell a trusted adult straight away.

If you are bullied:

DO

- ✓ Ask them to stop if you can.
- ✓ Use eye contact and say stop
- ✓ Ignore them.
- ✓ Walk away.
- ✓ **TELL SOMEONE!**



DON'T

- ✗ Do what they say.
- ✗ Get angry.
- ✗ Hit them.
- ✗ Think that it is your fault.
- ✗ Do not retaliate.
- ✗ Hide it.

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

- 🌀 Don't walk away and ignore the bullying.
- 🌀 Tell the bully to stop if it is safe to do so.
- 🌀 Stay with the person who is being bullied so they are not on their own.
- 🌀 Don't stay silent or the bullying will keep happening.
- 🌀 Don't lose your temper.
- 🌀 **TELL SOMEONE.**

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 allowed.
- ✓ We will help everyone to get on with each other and we believe that everyone has the right to feel safe and be themselves.

Date Approved: September 2026

Date or renewal: September 2027

To be renewed in line with the Whole School Anti-Bullying Policy