

# Rossington St Michael's C of E Primary School

## CHILD FRIENDLY ANTI-BULLYING POLICY 2025-2026



Date of Policy: September 2025

Date of Review: September 2026

At Rossington St Michael's C of E Primary School, we believe that:

- YOU should feel **welcome, accepted**, and **loved**.
- YOU have the right to be **yourself**.
- School should be a place where we feel **safe, happy**, and ready to **learn**.
- We treat each other with **respect** and **kindness**.
- **Everyone is equal** and everyone matters.

**Our school is a bully-free zone.**

When everyone is included, everyone wins! We celebrate our differences and make sure everyone feels seen and valued.



## **What is Bullying?**

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Bullying is when someone is **unkind or hurtful on purpose and more than once**. It can happen to one person or a group, and it can be done by one person or a group of people.

A helpful way to remember bullying is:

**STOP** = Several Times On Purpose



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### **Bullying Can Be:**

- Hitting or threatening to hurt someone
- Touching someone when they don't want to be touched
- Calling someone names or teasing them

- Saying mean things to someone or about someone
- Sending hurtful texts, emails, or online messages
- Taking or damaging someone's things
- Ignoring someone or leaving them out on purpose

Bullying might also be because of:

- The colour of someone's skin (racist bullying)
  - Their religion or beliefs
  - Their family background or culture
  - Being a boy or a girl (sexist bullying)
  - Who they love or how their family is made (homophobic or biphobic bullying)
  - Being transgender (transphobic bullying)
  - Having a disability or finding learning difficult
  - How someone looks
  - Where someone lives
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### Why Does Bullying Happen?

Sometimes bullying happens when someone feels upset, angry, or wants to feel more powerful. Bullies might pick on people who are different in some way. But remember: **being bullied is never your fault.**

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### Where Can Bullying Happen?

- In the playground
  - In the classroom
  - In the toilets
  - In the lunch hall
  - On the way to or from school
  - Online (cyberbullying)
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## What Should I Do If I Think Someone Is Being Bullied?

- Talk to the person and ask if they're OK
  - Help them talk to a trusted adult
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## What Should I Do If I Am Being Bullied?

Tell someone you trust. You can:

- Talk to your class teacher or another teacher
- Speak to a playground buddy or anti-bullying ambassador
- Tell a lunchtime supervisor, teaching assistant, or someone in the office
- Tell someone at home
- Put a note in the class **worry box**
- Call **Childline** for free: 0800 1111

Telling someone is always the right thing to do. Adults will help you and won't let things get worse. They may talk to your class teacher or your parent/carer to help you feel safe again.

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## Remember:

- Bullying is never your fault.
- You are not alone.
- We are here to help and to make school a safe, happy place for everyone.

Let's keep Rossington St Michael's a kind, caring, and bully-free school!

When everyone is included, everyone wins.

