



Be the Best You Can,  
Guided by God

# Bolney CEP School Anti-Bullying Policy

Our four Christian values that guide us

**LOVE**

**HONESTY RESPECT**

**RESILIENCE**

LATESTLY.com



# ANTI-BULLYING WEEK

In November 2024, we reviewed our Anti-Bullying Policy and made it more understandable for children and adults.

# We began with the whole school discussing 5 important questions:

- What rights do all children have in school?
- What is bullying?
- How does it feel to be bullied?
- How can we unite to stop bullying?
- How do we support someone who has been bullied?

# What rights do all children have in school?

The children said:



To look forward  
to coming to  
school

To be safe

To be happy

To be treated equally

To not be alone

To be treated like  
other people

To learn

To not be hurt

# What is bullying?

The children said:



When you hurt someone over and over again

When you hurt someone mentally or physically

Being hurtful online

Repeatedly being mean

Something done over and over again

When someone says stop and you don't

Picking on someone on purpose

Cyber bullying

Being rude to someone over a long period of time

# How does it feel to be bullied?

The children said:



Frustrated

Unsafe

You feel left out

Don't want to come to school

Sad and  
angry

Bad inside

Anxious

As if you don't  
want to be here

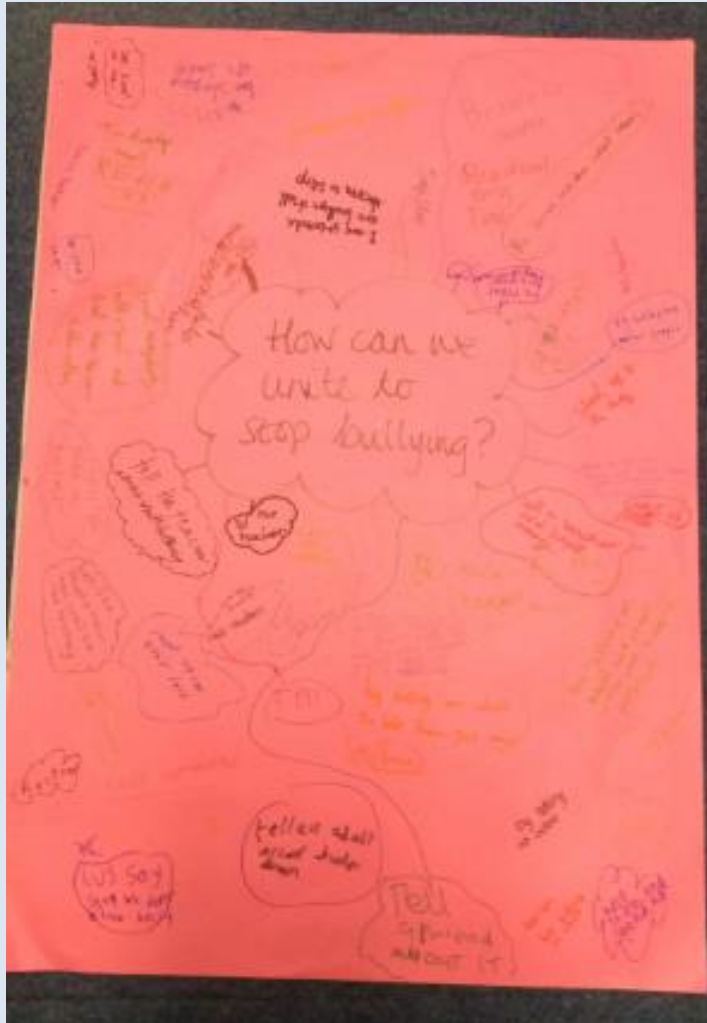
Hurting inside

Lonely

Uncomfortable

# How can we unite to stop bullying?

The children said:



Tell a teacher

Tell bullies, "STOP!"

Be someone who helps others

Walk with the bullied person on the playground

Ask the bully, "How would you like it?"

Show them that it is wrong

Help people to stand up to them

Reach out!

Be kind to everyone



# How do we support someone who has been bullied?

The children said:



Check if they are ok

Be a good friend

Tell them bullies are cowards and it's not their fault

Tell a teacher they are upset

Reach out

Play with them if they are alone

Talk to them if they are sad

Stand up to the bully

Make them laugh if they are down

# What is bullying?

Bullying is behaviour by an individual or a group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally. It can take place face to face or online (cyber bullying).

## **Bullying**

- Someone is being hurt on purpose
- Attacked physically, socially or emotionally
- Unequal balance of power
- Happens more than once



## **Mean Moment**

- Someone is being hurt on purpose
- Reaction to a strong feeling or emotion
- Does not happen again



## **Conflict**

- No one is having fun
- There is a possible solution to the disagreement
- Equal balance of power





# Our responsibilities so that we can all enjoy our rights

- Remember our values
- Listen to the opinion of others
- Inform an adult if you think someone is being bullied
- Avoid being a bystander - if you see bullying taking place, tell an adult
- Offer support if you see a child who is upset in school
- Tell an adult if you know someone is being mean or rude online
- Be kind to all children not just your friends

What is  
bullying?

**S**everal **T**imes **O**n **P**urpose



STOP

What should  
you do?

**S**peak **T**o **O**ther **P**eople

# Anti – Bullying Policy

## Steps to Safety



# Step 1

Reach out and tell someone

If you are being bullied, tell someone. This might be an adult at home, your brother or sister, a friend or an adult in school.

## Step 2

The adults will listen to you.

This is your opportunity to talk about what has happened and how this has made you feel. You can ask that we invite your parent or carer to join this conversation.

## Step 3

Form a support group



The adult will ask a group of children to help support the person that is being bullied.



## Step 4

A teacher or Ms Lofthouse will talk to the child or children accused of bullying.

Children can ask that we invite a parent or carer to join this conversation.

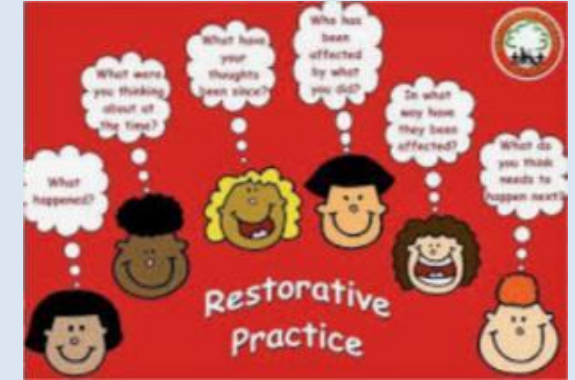
# Step 5

A teacher, or Ms Lofthouse will meet with the parents of the child who has been bullied and the child/dren who carried out the bullying.

It might take some time before everybody is ready to meet and talk together. The adults will keep this in mind and give everyone space and time to calm down. During this time the child being bullied will be supported and no further incidents of bullying will be accepted.

## Step 6

### Restorative Meeting



A meeting will be held to put things right and it will be run by an adult. This will happen when the person harmed wants it and the person doing the bullying accepts responsibility.

The people at the meeting will talk about:

1. What has happened;
2. Who has been affected by the bullying;
3. How to put things right (see formal agreement on the next slide).

# Step 7

## Write a formal agreement

A formal agreement is when people come together and decide:

1. What will happen if bullying happens again;
2. How children will behave towards each other;
3. How the adults will deal with further problems.

St Nicolas Anti-Bullying Formal Agreement  
(This copy to be held at school file and one to be given to the parents)

Adults Present	Children Present	Date

1. What will happen if bullying happens again?  
.....

2. How will the children behave towards each other?  
.....

3. How will the adults deal with further problems?  
.....

4. Other actions taken.  
.....

Adult following up	Child
Name	Name
Sign	Sign
Date of follow up	
Outcome of follow up	

All children involved will sign the agreement and a copy will be kept in their school files and given to their parents.



# Step 8

## Follow Up

A teacher, who knows about the bullying, or Ms Lofthouse will follow up and ask everyone if the problem has gone away.

# Step 9

## Restorative Conference

If the bullying happens again, a full meeting with family and friends of the children involved will be held to make things better. They will talk about the bullying and review the formal agreement.







# Who to talk to



There is nothing so awful or small that we can't talk to someone about it."

There are lots of adults we can talk to in school (see the next slide). All the adults will listen.

You can also pop a note in your class worry box / monster or the worry box in the library.

Remember you can call Childline about anything that's worrying you too.



# Adults in school you can talk to:



# What the school council thought:

Problem	Solution
People won't want to snitch	The name of the person who shares the information won't be named
Teachers won't take it seriously	Trust that they will be making sure the child actually does feel listened to
The bullying carries on	The steps are repeated
The bullying carries on outside of school	The parents of the bully and the bullied will know about it
There is only one worry box	School Council will make a worry box for each class in the reflection area
Children won't want a support group from their class	Older children could be used for a support group if not their class peers
How would someone check in after the steps are finished?	A trusted adult to that person





Anti-Bullying Week 2024 – Reach out