King's Gate Primary School

Child Friendly

Anti-Bullying

Policy

2025-2026

If you are bullied;

DO

Ask them to **STOP** if you can.

Use eye contact and tell them to go away.

Ignore them if you can.

Talk to a friend.

Talk to an adult you trust.

Tell SOMEONE.

DON'T

Do what they say.

Get angry or upset.

Use your hands or words to hurt them back.

Think it's your fault.

Keep it a secret.

What is Bullying?

A bully is someone, or a group of people, who hurts someone more than once, by deliberately using behaviour which is meant to frighten or upset the other person.

Bullying behaviour could be -

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

Physical: Punching, kicking, spitting, hitting, pushing, pulling hair, tripping up and stealing.

Verbal: Being teased, name calling, being rude.

Racist: Graffiti, calling you racist names.

Cyber: Saying unkind or untrue things by text, email and online on social media

Sexual: Unwanted touching, using Homophobic words; "That's gay".

Who can I tell?

A friend,

A family member,

Head Teacher,

Teachers,

Rainbow Room staff,

Any school staff,

Lunch staff,

The Kindness Ambassadors,

The Play Leaders,

Adults you trust,

School Council,

Call Child line 0800 1111,

Remember: You can use the "Worry Box".

When is it bullying?

Bullying is if someone, or a group, does something unkind to you.

Several

Times

On

Purpose

What should I do if I see someone being bullied?

Tell an adult straight away.

Don't try and get involved - you could end up getting hurt,

Don't stay silent, or the bullying will keep happening.

Comfort the person who has been hurt.

Reassure the hurt person that it isn't their fault.

The Head of School, the Governors and the staff will work together to;

Make our school a place where everyone can feel safe and happy. That means no bullying allowed.

What will happen to a bully?

They will get the help they need, and support to change their behaviour.

There's no place here for bullies,

Just friends both old and new,

With the short and simple message;

"I'll be there for you".