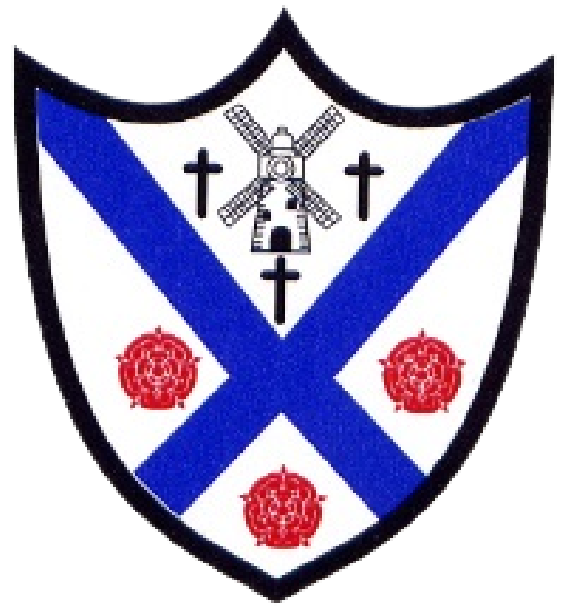


EQUIPPED BY GOD;
WE ARE MIGHTY!

TREALES CE PRIMARY SCHOOL

Children's Anti Bullying and Child-on-child Abuse Policy



At Treales, we want to make sure that you feel looked after, safe and happy when you are in and out of school. Sometimes we don't know if something bad is happening, so you need to tell us.



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 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: Saying unkind things by text, email, social media.



WHEN IS IT BULLYING?

Several
Times
On
Purpose

THINK BEFORE YOU SPEAK

Remember some things you say to someone may be said to try and be funny but it may be hurtful to that person.



Anti-Bullying

Who can I tell?

- A friend
- A family member
- Any teacher at school or any adult in school
- Someone you trust
- Anybody near you

MOST IMPORTANTLY
If you feel you are being bullied :

**Start
Telling
Other
People**



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.
- Don't stay silent or the bullying will keep happening.
- Don't lose your temper.
- TELL SOMEONE.

THE HEAD TEACHER, GOVERNORS, STAFF AND CHILDREN 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.





WHAT IS CHILD-ON-CHILD ABUSE?

- A child is someone who might be your friend, a child at school or another child you know.
- Abuse is when someone hurts you or makes you feel sad.
- Child-on-child abuse can happen inside and outside of school and it can also happen online. It is important to tell a grown up if you see child on child abuse.
- Remember to ask a teacher if you are unsure about what child-on-child abuse looks like.

FRIENDS

A child who is a good friend to you will make you feel happy and safe.

A child who is not a good friend to you will make you feel scared, worried or unsafe.



A GOOD FRIEND:

- Makes you smile.
- Makes you happy
- Is kind to you
- Says sorry if they do something to upset you
- Makes you feel safe



SOMEONE IS NOT A GOOD FRIEND IF THEY:

- Hurt you on purpose.
- Make you do things you don't want to do
- Scare you on purpose
- Shout at you and tell you what to do
- Make fun of you
- Make you feel sad

HOW DO I KNOW IF I AM BEING ABUSED?

It might be hard for you to know if you are being abused and you might not really understand it is happening but you will feel lots of different things that don't feel nice.

You might:

- Not want to come to school
- Have bruises and scratches where someone has hurt you
- Feel sad
- Feel worried
- Get headaches or tummy aches.
- Feel nervous.
- Not be able to sleep or have bad dreams.



Your Body

Your body is your body and no-one has the right to hurt you or touch your private parts. Your private parts are the parts of your body that your underwear covers.

If someone tries to touch your private parts, say 'No' and go and tell a grown-up you trust.

If someone asks you to touch their private parts, say 'No' and go and tell a grown up you trust.

If someone tries to take a picture of your private parts or shows you pictures of someone else's private parts, say 'No' and tell a grown up you trust.

If someone asks you to do something that makes you feel uncomfortable, say 'No' and go and tell a grown up you trust.

WHAT SHOULD YOU DO IF YOU THINK SOMEONE IS BEING ABUSED?

If you think that someone is being abused, it is important that you help that person.

Tell a teacher or a grown up you trust as soon as you can.
You should never feel scared to tell someone.

The first thing you should do if you think that you have been abused is tell someone you trust.
This could be a family member, a friend or a teacher.

You can also tell the person abusing you to leave you alone.

You should try not to:

- Do what the person says.
- Let what the person says or does make you sad.
- Get angry or hit them.

Always remember that if you are being abused, it is not your fault and you are never alone.

YOU SHOULD KNOW THAT ABUSE IS NEVER OK AND IF YOU ABUSE SOMEONE, YOU WILL GET INTO TROUBLE.

LET'S MAKE TREALES A SAFE AND HAPPY PLACE!



We can all help stop abuse at our school by:

- Helping each other
- Being kind, friendly and respectful to others.
- Thinking about people's feelings before we say or do something.
- Being careful who we talk to online
- Looking back at this information
- Talking to someone when we are worried