



Bullying Policy

Written By	The Children	
Frequency of Review	3 years	
Date reviewed and approved by Governing Body	September 2016	
Date of next review	September 2019	
Display on Website	✓	
Purpose	We don't want there to be any bullies in our school, but if someone does have a problem, we want them to know what to do about it. Bullying stops children from learning and from enjoying their time at school and that is not a nice thing to happen to anyone.	
Consultation	Governors	✓
	Parents	x
	Pupils	✓
	Staff	✓
Links with other policies	Attendance Behaviour	

The school council have reviewed the Bullying Policy in December 2017.

Bullying

Burlington Junior School is a happy place and we want it to stay that way. Bullying is not a big problem in our school, but from time to time children or their parents tell us that a bully has been at work. We don't want there to be any bullies in our school, but if someone does have a problem, we want them to know what to do about it. Bullying stops children from learning and from enjoying their time at school and that is not a nice thing to happen to anyone.

Bullies do not belong in Burlington Junior School.

What is bullying?

Bullying makes you feel sad and wish you had never been born. You might feel lonely, like you do not exist. You might think you are someone else's property. Sometimes you hurt on the inside and sometimes you hurt on the outside. Some people hurt on the inside and the outside.

It is not having a row with your best friend or having your pencil taken by someone on your table. Bullying goes on and on, like it is forever.

If the bullying happens at school, you do not want to go to school. If the bullying happens at home or in the park, you do not want to go home or to the park.

There are different sorts of bullying. It could be having your things stolen or damaged or being:

- picked on or called names because of what you are
- left out a lot
- hurt physically
- made fun of
- criticised
- sent nasty messages by email, text or on social media sites.
- sent nasty images, which are used to hurt or humiliate.
- Putting nasty messages in someone's drawer or locker.

Why do people bully?

People bully for lots of different reasons, but it can be because they are:

- bullied themselves
- are being treated badly by whoever looks after them at home
- wanting to get attention
- jealous
- trying to be clever

Perhaps they:

- want to show they are powerful
- are sad because they find it difficult to get things right at school, so they take it out on someone who is good
- enjoy picking on others and making them scared
- want to show off to their friends
- are scared and they want to make someone feel small

- are angry and want to take it out on someone else

Some bullies don't even know why they do it.

Some of them do it because they think it's cool – **but it's not!**

What should children do if they are being bullied?

If you are being bullied there are lots of things you can do to try and make the bully stop. If you do nothing then nothing will happen, except the bullying will carry on or get worse. So you **must** do something!

- Tell someone you trust to help you –
 - someone in your family
 - a friend
 - a teacher
 - another adult in school
 - a neighbour
- You can talk to someone on the phone at Childline (0800 1111); it's a free number.

Maybe you prefer to write down what is happening:

- Outside Medusa room there is a Worry Box and you can put a message in there.

Don't give up! If one thing doesn't work, then you need to try something else. You don't want the bully to win, do you?

What should children do if they see another child being bullied?

Sometimes the easy thing to do is to walk away and be grateful it's not you being bullied. The bully must be stopped though, because next time it could be you!

- Tell the bully's class teacher or someone they live with.
- Talk to Mrs Utting, Mr Blow, your own class teacher or someone who you trust to help you to solve the problem.
- Be friends with the person who is being bullied and ask them to play with you at lunchtime or playtime.
- Write down your worries and give them to someone who you think will help. Write your name on it (so someone can help you) and put your letter in the Worry Box.
- Call Childline and ask for their advice.