



St. Oswald's Catholic Primary School

'Love, Learn, Respect and Appreciate'

Child Friendly Anti-Bullying Policy

| Produced by | Version | Date | Action | Review |
|---|----------------|-----------------------|--------------------------------------|---------------------------|
| St. Oswald's Catholic Primary School | 1 | September 2025 | For adoption by Governors | September 2026 |

Contents:

[Feeling safe and happy at school](#)

1. [What is bullying?](#)
2. [Types of bullying](#)
3. [What do I do if I am being bullied?](#)
4. [What do I do if someone else is being bullied?](#)
5. [Who can I talk to?](#)
6. [How can I help stop bullying from happening?](#)

Feeling safe and happy at school

At St. Oswald's Catholic Primary School, 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.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Teaching you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Making sure you know who you can speak to if you are worried.



1

1. What is bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

At our school, we use the word 'STOP' to identify bullying:

S everal

T imes

O n

P urpose



It is important to remember that single problems and falling out with friends are not bullying.

Bullying is behaviour which is repeated on purpose and is meant to upset someone.

2

2. Types of bullying

Bullying can be different things and isn't just hitting or kicking another person.

- Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.
- Physical bullying is punching, kicking, spitting, hitting or pushing someone.
- Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic.
- Racist means bullying someone because of their skin colour, race or what they believe in.
- Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.
- Sexist means bullying someone because of their sex (whether they are a boy or a girl).
- Cyber bullying involves sending horrid messages over the internet or by text message.



Bullying can be done through another person, by one person asking another person to say nasty things. so this type of bullying may be difficult to spot.



Bullying is not always done by one person and can often involve a group of people 'ganging up' on someone – if you ever see someone being bullied, never join in and always tell a teacher.

Always ask a teacher if you are not sure.

3

3. What do I do if I am being bullied?

The first thing you should do is **tell the bully to stop and to leave you alone.**

Tell someone you trust – a trusted adult. This could be a family member, a friend or a teacher.

You can also walk away and ignore them.

If telling them to leave you alone would make you feel too scared or worried that they might hurt you, make sure you **tell someone** so they can help.

You should **try not** to:

- **Do** what the bully says.
- Let what the person says or does **upset** you.
- Get **angry** or hit them.



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

You shouldn't be scared to talk to someone if you are being bullied. If you talk to a trusted adult, they can make the bullying stop.

4

4. What do I do if someone else is being bullied?

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

You should **never walk away** and ignore the problem if you see someone else being bullied, because the bullying may keep happening.

If you can, and it is **safe** to do so, tell the person being abusive to **stop**, but never get angry or hit them.

Tell a trusted adult, such as a teacher, as soon as you've seen someone being bullied.

You should **never feel scared** to tell someone about abuse.





5. Who can I talk to?

It is important you **tell someone** as soon as you think that you are being bullied, or you think that someone else being bullied.

Speaking to someone like your parent, carer or teacher will mean that we can make sure the **bullying stops** and doesn't happen again.

The list below shows the **people** at our **school** that you can speak to:

- **Class teacher or Teaching assistant**
- **Mrs Orwin**
- **Mrs Furness**
- **Mrs Armitage**
- **Middays**
- **Office staff**
- **Any trusted adult in school**



6. How can I help stop abuse from happening?

We can all help stop bullying at our school by:

- Making sure we **understand** how we should **treat** others and follow our Mission Statement, to 'Love, Learn, Respect and Appreciate'.
- **Helping** others when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **PSHE lessons** and **anti-bullying week**.
- Using our '**class worry box**', if we have concerns.
- **Talking to someone** when we are worried.



You should know that bullying is never OK and it is serious. It is not funny, or part of growing up.

Let's make St. Oswald's Catholic Primary School a happy place!

