



# Melbourne Junior School

## Child Friendly

### Anti-Bullying Policy

Approved by: Full Governing Board

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## Bullying happens:

**Several  
Times  
On  
Purpose**

## What to do:

**Start  
Telling  
Other  
People**

# Together we can STOP it!

### Melbourne Junior School Child Friendly Anti-Bullying Policy

At Melbourne Junior School we believe that everyone should be kind, respectful and encouraging of others so that we all feel happy and safe.

We should:

- Follow our Golden Rules
- Be kind to others
- Include other people and make sure that they are not alone
- Treat others how you would want to be treated yourself
- Stop and think
- If you think that you are a bully, tell someone and we can help

Bullying is behaviour done by one person, or a group of people, more than once. It is meant to hurt a person's feelings or to physically hurt them.

Bullying includes:

Name calling	Hitting and kicking
Winding up	Taking or damaging people's things
Making rude comments	Sending nasty texts, messages or emails
Gossiping and spreading rumours	Shouting
Leaving people out of groups	Behaviour which offends

Types of bullying can be linked to:

What you believe (religion)	Who your friends are
Where you are from	Your on line profile
How you look	An aspect of your personality
Your family	Being a boy or girl

### **What to do:**

- Ask them to stop if you can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Get help by telling a grown-up- someone you trust
- Speak to a friend

### **Don't:**

- Do what they say
- Get angry or upset
- Hit them
- Think that it is your fault
- Hide it
- Retaliate
- Take it out on others

### **What to do if you see someone being bullied:**

- Don't be a bystander
- Don't join in
- Do tell a grown-up: a member of your family, an adult in school, an adult at a club you attend
- Do stand up to the bullies

## **What school will do about bullying:**

- Talk to everyone involved
- Talk to parents
- Decide upon the best way to make it stop and put things right
- Decide upon consequences
- Keep checking that the bullying has stopped
- Make sure that parents know