



**Ready, Respectful, Safe**

## **Our Anti-Bullying Policy**

**Written by the children of William Rhodes Primary School**

# Our School

At our school we have three main rules.

**READY** – we can be ready to stop bullying

**RESPECTFUL** – we can treat others how we  
want to be treated

**SAFE** – we can keep ourselves and others  
safe



We are a bully free zone



# What is bullying?

Some people think that bullying is one someone is unkind to them once. This is not nice but it isn't bullying.

Bullying is:

**S**everal  
**T**imes  
**O**n  
**P**urpose

**Emotional** e.g. excluding others

**Verbal** e.g. name calling

**Physical** e.g. hurting others

**Cyber** e.g. unkind text messages or emails

Bullying can also take place due to someone's disability, race, sexuality appearance.

# What to do if you are being bullied?

There are lots of different things you can do if you are being bullied:

- Tell one of your trusted 5 adults
- Use the worry box in class
- Tell a family member



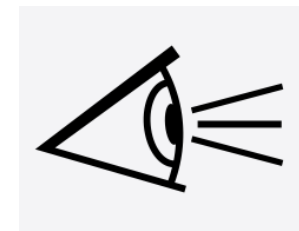
**S**tart  
**T**elling  
**O**ther  
**P**eople

# What to do if you see someone being bullied?

- Go and tell a trusted adult straight away



- Be an **upstander** – someone who speaks up when they see bullying happening.



- Don't be a **bystander** – someone who sees bullying but doesn't say anything.



**S**tart  
**T**elling  
**O**ther  
**P**eople

# What will school do if I am being bullied?

In school we have asked our teachers to do the following if bullying takes place:

- Listen to what we have to say
- Act quickly on what they have been told
- Speak to the parents of the person who is bullying
- Speak to the bully – they might need help
- Adults to be the mediator (like a referee) to help resolve the issues