**St Mary’s RC Primary School 2019-2020**

St Mary’s is a place where everyone has the right to be themselves.

 It’s a place where everyone can feel safe, be happy and learn.

Everyone at our school is equal and acts with respect and kindness towards each other.

 Our school is a bully-free place.

‘As the family of St. Mary’s, learning and growing in God’s

love, joyfully, we pray, play and respect all, changing our

world forever.’ (Our Mission Statement)

**What is bullying?**

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people.

A useful way to remember bullying is

**SEVERAL TIMES ON PURPOSE**

 **Bullying can be:**

 •Hitting or saying you are going to hit someone

•Touching someone when they don’t want you to

 •Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people

• Being unkind to someone because of their ethnicity.

• Calling someone names because of their religion or culture.

• Bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting ‘like a boy’ or ‘like a girl’

• Homophobic bullying. This is saying unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example ‘you’re so gay!’

• What someone looks like or where they live.

**If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your family or friends, that is bullying. No one should be picked on for being different in any way, for how they act, what they look like or who their family are.**



**Bullying can be about:**

 •Stealing or damaging someone else’s belongings

•Ignoring someone on purpose or leaving them out

 •Sending hurtful or unkind texts, emails or online messages to someone or about someone.

**Why does bullying happen?**

 Although bullying doesn't happen very much at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

Where does bullying happen?

Bulling can happen at school, after school and online.





**What should I do if I think someone is being bullied?**

Talk to the person and ask if they’re ok and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust. What should I do if I’m being bullied? If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

• Tell a teacher – your class teacher or any other teacher

 • Tell a High 5 Helper who will be able to help you

 • Tell any other adult staff in school.

• Tell an adult at home

• You can also write a note about the bullying in the post box in the corridor • You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said.

**What should I do if I’m being bullied?**

 If you tell a teacher or an adult at school they will be able to help you. They may tell another teacher like your class teacher, or a parent or carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.

