



In our school, we have written this anti-bullying agreement and will follow the advice to make our school a friendly and happy place to learn and play.

## St John the Baptist Catholic Primary School



*The Golden Rule:  
In everything, do  
to others what  
you would have  
them do to you.*

*Matthew 7:12 (niv)*

### Anti-bullying Agreement

Written by the children of SJB

January 2024



# What is bullying?

**Bullying is when someone is hurtful to you on purpose, more than once.**

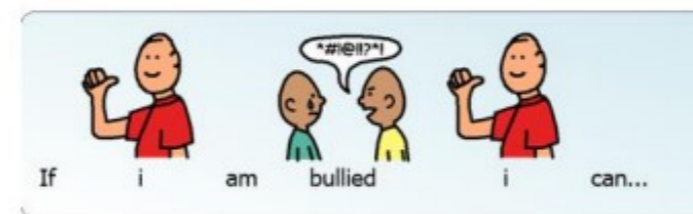
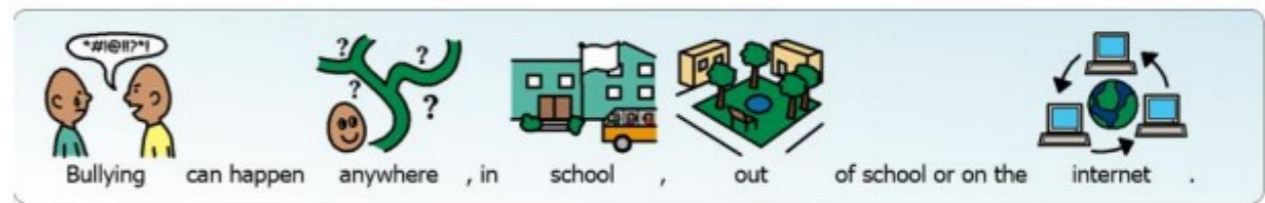
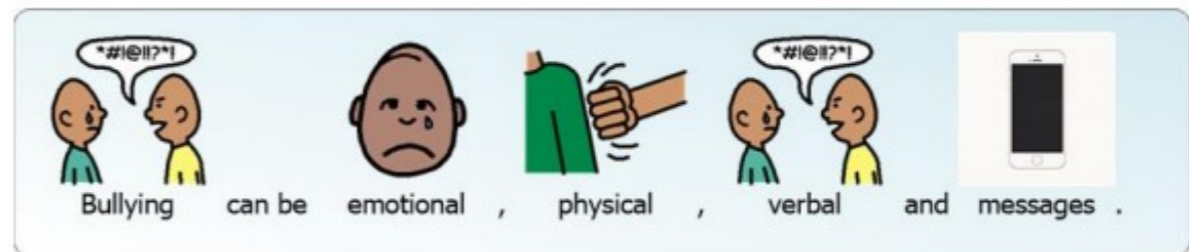
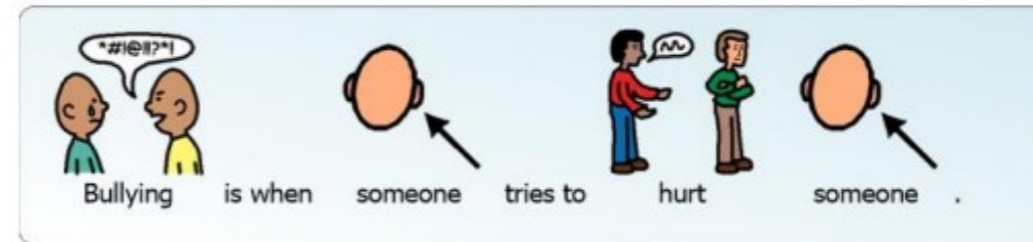
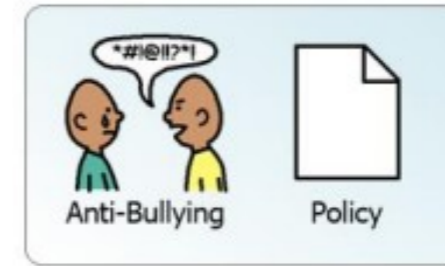
**Emotional:** hurts your feelings, makes you feel sad or cry, sending notes to you or about you, laughing at someone, not including them, isolating them

**Physical:** hitting, punching, kicking, fighting, pinching, stealing,

**Verbal:** unkind words, teasing, swearing, spreading rumours, using inappropriate language towards them or about them,

**Discrimination:** making fun of your skin colour; where you come from; your culture, your appearances, the language you speak, being a boy, being a girl, your faith or beliefs

**Cyber:** sending unkind messages, swearing, posting images without your consent, kicking them out from a game or group chat, being abusive to or about you in chat rooms, in-game chats or on social media.





## Is it bullying?

Someone is doing or saying something that makes you feel upset or hurt. You keep telling them but they keep doing it every lunchtime.

**YES. If this is happening over and over again, it is bullying.**

I have fallen out with my friends and they don't want to let me explain.

**NO. Sometimes we fall out with our friends, and they may need a little time before you make up again.**

I'm scared. An older girl keeps picking on me. She waits until there are people watching. She enjoys embarrassing me.

**YES. The girls wants you to feel like she is more powerful than you, and she keeps doing it.**

A boy in my class pushed me over, laughed and walked away.

**NO. Although this is disrespectful, unsafe and not acceptable, this is not bullying as it happened once.**

My friends and I are always falling out! We say horrible things to each other when we are angry and it really upsets me.

**NO. Sometimes it might feel like you fall out all the time! Even though it might be really upsetting at the time, eventually when you make friends again, it feels really good.**

Children in my class pretend to let me play then they run off. They make fun of me and steal my things. They call me names everyday.

**YES. If this has happened more than once, it is bullying.**



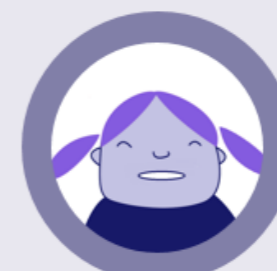
## Bullying looks like this...



'Outsider/  
Bystander'



'Target'



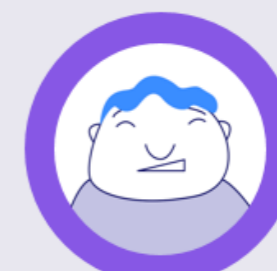
'Ringleader'



'Assistant'



'Defender'



'Reinforcer'

**...we all have a part to play.**



When is it bullying?

**S**everal

**T**imes

**O**n

**P**urpose



What should I do if I see  
someone else being  
bullied?



**Make a Noise!**



**STOP**— “Stop, that’s not kind” “Stop, I don’t like that”



**CHECK**— “Are you ok?” “Can I help you?”



**SPEAK UP**—Tell a trusted adult what you have seen or heard



**SUPPORT**— “Would you like to sit with me at lunch? Would you like to play my game? Shall we talk together?”



## If you are bullied...

### Do...

- \* Tell a trusted adult
- \* Walk away
- \* Ask them to stop (once)
- \* Stay away from them
- \* Call for help
- \* Write it down and put it in the worry box
- \* Be polite



### Don't ...

- \* Involve others
- \* Fight back
- \* Think its your fault
- \* Act in the same way
- \* Encourage the bully by laughing at what they do
- \* Join in with the bullying behaviour
- \* Keep it a secret



## Who can I tell?

### A trusted adult:

- Safeguarding Teachers—look at the posters around the school  
**Mrs Whatley, Mrs Pearson, Mr Downing and Mrs Nawn, Mrs Horrell**

- All teachers
- Parents and carers
- Friends
- Child line—08001111
- Playground Friends
- Sports Coaches
- Prefects
- School Councillors
- Worry Box—in the libraries



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