

Sparkenhoe Community Primary School



We will put a **STOP** to
bullying!

Bullying is the use of aggression with the intention of hurting someone. Bullying results in pain and distress to the victim.

Bullying can take different forms –

Emotional – being unfriendly, excluding, tormenting.

Physical – pushing, hitting, pinching, tripping up.

Racist – racial taunts, gestures.

Verbal – name-calling, sarcasm, spreading rumours, teasing.

Cyber – threatening or saying bad things by text, chat room, or email.

S.T.O.P. –

Bullying is if someone does something to you

Several Times On Purpose

If someone is bullying you, then you must:

Start Telling Other People

Bullying is not simply children falling out with each other. **Bullying is not accidental.**

Children might show signs of being bullied by changes in their behaviour.

You should investigate if your child –

- no longer wants to come to school.
- becomes frightened of walking to school alone.
- begins to feel ill in the morning.
- becomes depressed.
- becomes anxious or withdrawn.
- stops doing well in lessons.
- becomes aggressive with younger siblings.
- starts stammering.
- cries at night or has nightmares.
- is frightened to say what's wrong.
- asks for money.
- has frequent unexplained cuts and bruises.
- is afraid to use the internet or mobile phone.

At Sparkenhoe Community Primary School we take any incidents of bullying very seriously. We do not accept any form of behaviour which hurts, threatens or frightens any member of the school community.

If you feel that you are being bullied or someone uses a racist remark to you, please tell an adult or ask a friend to tell us so that we can deal with it.

The school needs to know so that we can help you.

If you get into trouble for bullying or for making racist remarks we will work together with you and your family to help you to understand why this behaviour is wrong. We will help you to change any bullying behaviours.

At Sparkenhoe Community Primary School we want everyone to feel happy, safe and comfortable so that all children can learn in a relaxed and secure environment.

We are a 'telling' school. That means that anyone who knows that bullying is happening should tell the staff.