

LEYS FARM JUNIOR SCHOOL  
**ANTI BULLYING POLICY**  
(CHILD FRIENDLY VERSION)

By  
LFJS  
School Council



# Bullying

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We need to understand the difference between bullying and everyday disagreements.

# WHY ARE WE AGAINST BULLYING?

WE ARE AGAINST BULLYING BECAUSE:  
EVERYONE SHOULD FEEL SAFE AND  
RESPECTED IN SCHOOL.

EVERY ONE HAS THE RIGHT TO BE  
HAPPY.

EVERYONE HAS THE RIGHT TO BE  
SUPPORTED AND LISTENED TO.

# WHAT DO WE MEAN BY BULLYING?

## BULLYING IS:

- SOMETHING THAT IS CONSTANT AND REPETITIVE - IT IMPACTS ON YOUR LIFE EVERY MINUTE OF EVERY HOUR OF EVERY DAY!
- IT CAUSES HARM AND IT MAKES A PERSON FEEL LONELY, UPSET AND BAD ABOUT THEMSELVES.
- WHEN SOMEONE BULLIES IT MIGHT BE BECAUSE THEY MIGHT HAVE A LACK OF CONFIDENCE.
- THEY DO NOT FEEL SURE ABOUT THEMSELVES AND IT MAKES THEM FEEL BETTER.

# What are Everyday Disagreements?

- Two children wanting to play with the same football.
- Arguing over which TV programme to watch.
- Pushing in the line when lining up.
- A hard tackle in football which hurts the other player.
- Feeling left out.
- Not sharing!

At the end of the day you make up and are still friends.

# What is bullying?

- **Bullying happens when someone sets out to hurt another person.**
- **They make their target feel scared and unhappy.**
- **Bullying usually happens again and again with one or more people bullying the same person.**

# Physical bullying:

- This is when a bully attacks someone by punching, kicking, hitting or pushing them.
- It can also include spoiling or stealing someone's belongings.
- The bully may 'accidentally' trip someone up or bang into them.

## Verbal bullying:

This happens when a bully uses words to hurt or frighten you.

- Name calling.
- Threatening.
- Copying what you say in a funny voice, taunting or mocking.
- Making you look silly in front of others.
- Swearing at you!



# Silent bullying:

This happens when a bully makes you feel bad but doesn't say anything.

- Sending horrible notes to others.
- Spreading rumours about you.
- Getting someone else to say it for them!

# CYBER BULLYING:

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- Messages sent by mobile phone on text message, email, WhatsApp, or another social media platform.
- Messages sent on games played on X-Box, Play Station etc.
- Bad language used, name calling or threats when playing games.
- Hoax calls.

# What are the effects of bullying?

## How does a bully feel?

- strong
- clever
- sad
- angry
- sorry
- mean
- jealous
- ashamed
- left out
- lonely.

## How does the victim feel?

- angry, cross
- weak
- scared, terrified
- hurt
- lonely, no friends
- why me?
- upset
- sad
- Doubt themselves.

# Who gets bullied?

## Children who are Different:

- very clever at school or find school work hard
- different skin colour
- wear glasses
- are overweight
- have a different accent
- are a different religion
- wear braces on their teeth
- younger or smaller
- who find it hard to stick up for themselves.

# What about the bullies?

There are lots of reasons why people become bullies and it is usually a sign that they are not happy people themselves.

- They may be unhappy at home.
- Feel different themselves.
- They are insecure.
- Have family problems.
- Don't know how to make or keep friends.

*Remember Jasper and Liam from the VR headset anti-bullying workshop!*

# At LFJS we have lots of ways to help us deal with bullying:

- Remember to use and talk to LFJS Buddies and Mentors if you need help with friendships.
- Use the buddy bench or friendship stop in the courtyard.
- Remember to ask for Bubble Time and use the board in your classrooms.
- Remember to use the Suggestion Box in the Hall.
- Remember to speak to your Trusted Adults!

# We want a bully free school!



We do not call people names.

We can listen to each other.

We can talk to people we trust.

We do not take other peoples things.

We respect one another.