

## How do we prevent bullying?

At Bishop Martin we take a number of measures to make our school a happy place, including;

- our Bishop Martin Guardians support individuals on the playground
- we have an Anti-bullying Action Group that meet, discuss issues and make plans for the school.
- discuss issues in PSHE lessons
- we have an anti-bullying week celebrating everyone being unique
- our values curriculum is shared regularly in classes, in collective worship and with our school community
- our code of conduct says we respectful, safe, kind, friendly and truthful.

## What should I do if I need help with bullying?

- Tell an adult in school or at home
- Tell a friend
- Walk away and find someone else to play with
- Ask them to stop if you can

## What should I do if I see someone else who needs help?

- Don't walk away and ignore it  Don't stay silent
- Tell an adult



## Anti-Bullying Policy

2025 - 26



## What is bullying?

At Bishop Martin we take the bullying of anyone seriously.

Bullying is defined as hurting someone repeatedly over a period of time.

### Bullying can be...

Physical - causing physical pain e.g. punching, kicking, hitting



Emotional - hurting people's feelings, saying mean things



Verbal - calling people names, teasing others



Indirect - leaving people out, excluding from groups, spreading rumours



## When is it bullying?

Single incidences are not bullying but are still taken seriously.

Bullying is deliberate and is repeated over a period of time.

**S**everal

**T**imes

**O**n

**P**urpose

## Who can I tell?

- Friends
- School Council
- Parents/carers
- Teachers
- Teaching assistants
- Lunchtime staff
- Any adult in school

And don't forget the Bishop Martin Guardians Most importantly if you are worried  
**TELL SOMEONE!**

**What should I do if I see someone else who needs help?**

- Don't walk away and ignore it
- Don't stay silent
- Tell an adult

**STOP**