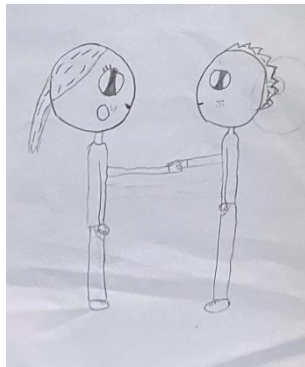
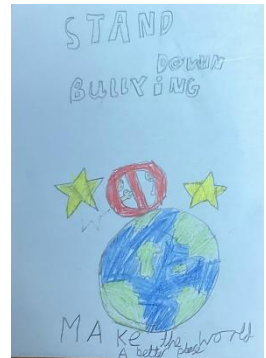
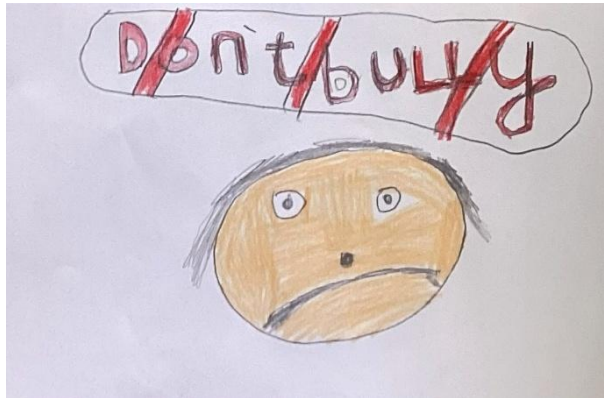


Rudgwick Primary School
Anti-Bullying Policy (by the children, for the children)



Created: March 2026
Date for review: March 2028

Review and approval by: Young Governors (25/26)

Statement of Intent:

At Rudgwick Primary School,



We want everyone to feel happy, safe, and ready to learn. We come into school smiling every day, include others in our games, and show kindness in everything we do. We listen, speak calmly and talk nicely to each other and ask an adult for help when we have a problem. We respect everyone and take responsibility for helping each other. We are honest and admit when we've made a mistake. Together, we make our school a fun, kind, and friendly place where everyone tries their best, works hard, feels welcome and wants to be.



At Rudgwick Primary School, we want everyone to feel happy, safe, and ready to learn. We come into school smiling every day, include others in our games, and show kindness in everything we do. We listen, speak calmly and talk nicely to each other and ask an adult for help when we have a problem. We respect everyone and take responsibility for helping each other. We are honest and admit when we've made a mistake. Together, we make our school a fun, kind, and friendly place where everyone tries their best, works hard, feels welcome and wants to be.

What Is Bullying?

Bullying is when someone is unkind to another person on purpose and keeps doing it again and again, even when they've been asked to stop. It is the opposite of being kind. Bullying is when someone won't listen to others saying "stop," and they keep going back to be unkind more and more. In bullying, there can be a ringleader (the person doing the bullying), a target (the person being hurt), and a bystander (someone who sees it happen). We don't want to be these people – we want to help make it STOP! Bullying makes people feel upset or unsafe, and it is never okay.

BULLYING

Bullying is when someone is unkind to another person on purpose and keeps doing it again and again, even when they've been asked to stop. It is the opposite of being kind.

Bullying is when someone won't listen to others saying "stop," and they keep going back to be unkind more and more.



RINGLEADER TARGET BYSTANDER
**WE DON'T WANT TO BE THE
THESE PEOPLE – WE WANT
TO HELP MAKE IT STOP!**

Bullying makes people feel upset or unsafe, and it is never okay.

- **Emotional:** Emotional bullying is when someone says unkind or rude things to hurt another person's feelings.
- **Verbal:** Verbal bullying is when someone uses mean words or shouts at someone to upset them.
- **Physical:** Physical bullying is when someone hurts another person's body, like hitting, kicking, or punching.
- **Racist:** Racist bullying is when someone is unkind to a person because of how they look, the colour of their skin, or where they come from.
- **Online/cyber:** Online or cyber bullying is when someone types unkind messages in a chat, online game, or on the internet. It can feel easier for bullies because people can't see who they are. Blocking and reporting them is a good way to stay safe.

Bullying is not:

Bullying is not the same as someone calling you a rude name once, or someone hurting you by accident. It is also not bullying when you fall out with a friend, have a small argument, or feel cross with each other for a little while. These things can still make you upset, but they are normal problems that can be fixed by talking, listening, and trying again. Bullying is something very different, because it happens on purpose and keeps happening over and over.

How should children deal with these types of things?

If someone is unkind once, the best thing to do first is to try to ignore it so it doesn't grow into a bigger problem. Don't keep your worries to yourself—tell a trusted adult so they can help. You can also try talking to the other person calmly and listening to what they have to say. If you've done something wrong, remember it's okay to say sorry. And even if you feel upset, don't attack back or be unkind in return. These steps help small problems stay small and help friendships heal.

Procedures for reporting and responding to bullying incidents

What would the order of your actions be if you are being bullied or see bullying happen?

1. Tell an adult
2. Adult will make sure you feel safe
3. Adult will give you some advice
4. Adult will listen to any children that were involved
5. Adult will try to come up with some solutions
6. Adult will make sure the person bullying knows their behaviour is not okay
7. Apologies will have to be made
8. Adult might talk to you and the bully together to help make things better
9. There will be consequences for the bully's actions
10. If it is serious, parents/carers will be told about the incident



A school Anti-Bullying Code is in use, giving clear advice to children on what to do if they are a witness or a victim of bullying:

Rudgwick Primary School Anti-Bullying Code:

Agreed by the children of Rudgwick Primary School – November 2025

If you are a witness to bullying:

- Do let a teacher or other staff member know;
- Do try to be a friend to the person being bullied, make them feel better and include them in your games;
- Don't encourage the bully;
- Do try to help the bully stop bullying; Ask them if they are okay
- Do ask the person being bullied if they are ok and ask if they want to move away. (Don't be a bystander and just let it happen.)

If you are a victim of bullying:

- Tell a teacher or another adult in school;
- Tell your family and friends;
- Keep telling people until someone listens;
- Take a friend with you if you are scared to tell someone by yourself;
- Don't blame yourself for what has happened;
- If you are bullied and you get very cross, don't bully the bully.
- If you can't speak about what is happening then write it down.