

*Feeling Safe and
Happy
at
Gilded Hollins*



Written by The School Council

We all know that the most important thing at Gilded Hollins is to *be safe* and to *feel safe* whether we are in the school building, outside on the playground or field or somewhere else.

This policy is written by children and is for children. It is written to help you by:

- Knowing what bullying is and isn't
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied



Inclusion - all different, all equal

At Gilded Hollins, we treat everyone equally regardless of the person's:

- race, religion or culture
- nationality
- special educational needs or disability
- appearance
- gender or gender identity
- home circumstances

We have a school Equality Policy that celebrates that we are all different and all equal

What is Bullying?

A bully is someone who hurts another person more than once, by using behaviour which is meant to scare, hurt or upset that person.

At our school, we use the word 'STOP' to identify bullying:

Several
Times
On
Purpose

What is Not Bullying?

It is important to remember that single problems and falling out with friends are not bullying. Bullying is behaviour which is repeated on purpose and is meant to upset someone.

Types of Bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be racist or homophobic

Homophobic means bullying someone because of their gender or sexuality e.g. 'gay'

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Cyber bullying involves sending horrid messages over the internet or social media.

Racist means bullying someone because of their skin colour, race or what they believe in.

What should I do if I am being bullied or see someone being bullied?

DO

- ✓ Ask them to stop
- ✓ Use eye contact and tell them to go away
- ✓ Ignore them and walk away
- ✓ Talk to a friend or trusted adult
- ✓ Use the School Council's 'We Care' Box if you are too worried to speak openly about what is happening
- ✓ Remember it is NOT your fault

DON'T

- ✓ Get angry or fight back
- ✓ Try not to react
- ✓ Hit them
- ✓ Think it's your fault
- ✓ Hide it
- ✓ Do as the bully say
- ✓ Remember grown ups CAN stop the bullying and make you or that person feel happy again.

Who can I talk to?

- Family
- Any grown up in school
- A friend
- A trusted adult

All adults at school are responsible for keeping us safe, but Mrs Burns and Mrs Gore are the grown-ups in charge of safeguarding

