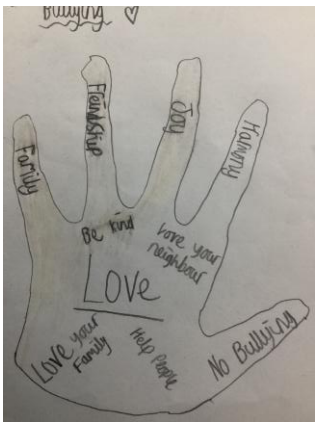
ANTI-BULLYING POLICY

A pupil-friendly guide for our primary school

Be kind • Be respectful • Speak up • Keep everyone safe





Our values and beliefs

We believe that everyone has the right to feel happy and safe at school and therefore bullying is UNACCEPTABLE.

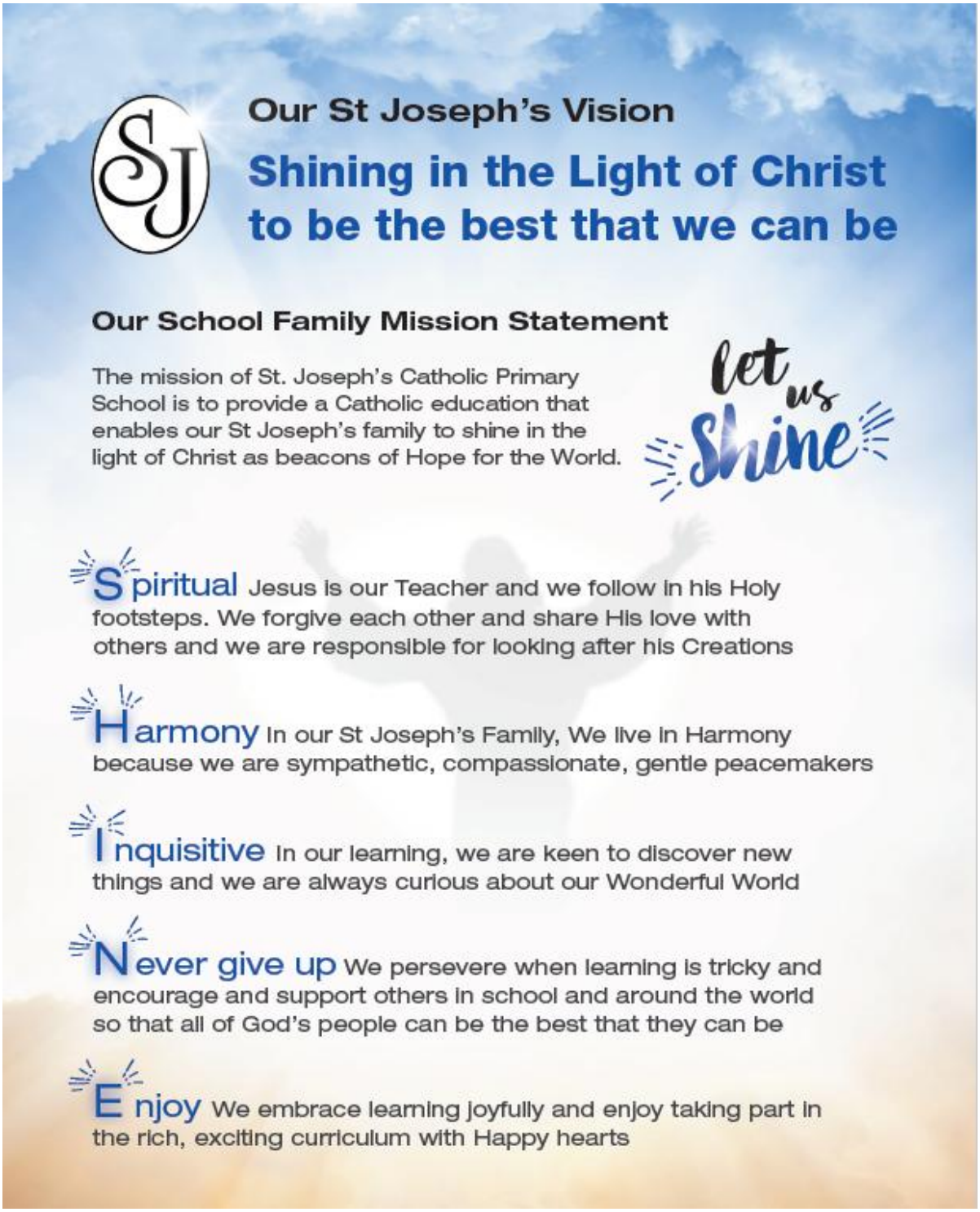
Pupils who feel bullied will be supported.

We are a TELLING school so if you know bullying is happening, you are expected to tell a trusted adult.

We believe that everyone can SHINE and at St Joseph's we support each other to be the best that we can be.

Policy agreed (date):	**2nd November 2026** **Written by the Anti-Bullying Ambassadors**
Policy published (including on website) **(date):**	**2nd November 2026**
Next review (date):	**November 2027**

Shining in the Light of Christ to be the Best that we can be



Our promise

At our school, everyone has the right to feel safe, welcome and ready to learn. We want our school to be a place where people are kind, differences are respected and nobody is left out on purpose. Bullying is never okay. We will listen to you and do our best to help. We want everybody at St Joseph's to SHINE.

What is bullying?

Bullying is when someone hurts, upsets or frightens another person on purpose, again and again, and it is difficult for that person to make it stop. Bullying can happen face to face or online.

An unkind argument or a one-off falling-out is not always bullying, but it still matters. We will help pupils sort out problems safely and fairly. If you are hurt or worried, you can always tell an adult.

What can bullying look like?

- **Physical bullying:** hitting, kicking, pushing, tripping or damaging someone's belongings.
- **Verbal bullying:** name-calling, insults, threats or repeatedly making fun of someone.
- **Social bullying:** deliberately leaving someone out, spreading rumours or encouraging others not to be their friend.
- **Online bullying:** sending hurtful messages, sharing embarrassing pictures, posting unkind comments or using games and group chats to target someone.
- **Prejudice-based bullying:** targeting someone because of who they are or are thought to be, for example their disability, race, religion, sex, family, appearance or because they are different.

What should I do if I am being bullied?

1. Tell a trusted adult as soon as you can. This could be your teacher, teaching assistant, headteacher, lunchtime adult or another adult in school.
2. Tell them what happened, where it happened, who was there and how it made you feel. You do not have to deal with it on your own.
3. If it happens online, do not reply or pass the message on. Save evidence if it is safe to do so, and show it to a trusted adult.
4. Keep telling an adult if the bullying continues or you do not feel safe. It is okay to ask for help more than once.

What if I see someone else being bullied?

- Do not join in, laugh, encourage it or share hurtful messages.
- If it is safe, show support to the person being targeted and invite them to join you.
- Tell a trusted adult what you saw. Reporting bullying is not 'telling tales'—it is helping to keep someone safe.
- Never put yourself in danger by trying to stop a situation on your own.

What will adults in school do?

Adults will take your concerns seriously. They will:

- listen carefully and treat everyone fairly and respectfully;
- take steps to make sure pupils are safe straight away;
- ask questions and speak to the pupils involved and any witnesses;
- decide what needs to happen next, using the school behaviour and safeguarding procedures;
- work with parents and carers where appropriate;
- check back to see whether the problem has stopped and whether more help is needed.

Adults may not be able to tell you every detail about action taken with another pupil, but they should explain how they will help keep you safe.

What happens if someone bullies another pupil?

The school will respond in a way that is fair, proportionate and helps prevent it happening again. This may include a conversation, support to understand the harm caused, work with parents or carers, a behaviour consequence, a safety plan or other action in line with school policy. Serious incidents will be dealt with promptly. The response will depend on what happened and the needs and safety of the pupils involved.

Saying sorry can be helpful, but it does not automatically fix everything. Adults will check that behaviour changes and pupils feel safe.

How can we help prevent bullying?

- Use kind words and actions, including online.
- Respect people's differences and celebrate what makes each person unique.
- Include others in games and activities where possible.
- Think before speaking, posting, commenting or sharing.
- Tell an adult when something feels unsafe or unfair.
- Take part in lessons and activities that help us learn about friendship, respect and keeping safe.

Who can I talk to?

You can talk to any adult you trust at school. If the first person you tell cannot help straight away, tell another adult. You can also ask a parent or carer to help you speak to school.

Remember: you are not to blame for being bullied. You deserve to feel safe, and asking for help is the right thing to do.

Our anti-bullying pledge

I will be kind.
I will respect others.
I will not join in with bullying.
I will speak up if someone needs help.
I will help make our school a safe place for everyone.

Policy information for adults

This pupil-friendly document should be read alongside the school's full Anti-Bullying Policy, Behaviour Policy and Safeguarding Policy.

School: _____St Joseph's Catholic Primary School_____

Approved/reviewed: ____2/11/2026_____

Next review date: _____November 2027_____