



# Anti-Bullying Guide



## What is Bullying?

Bullying is defined as behaviour that is:

- Repeated
- Intended to hurt someone either physically or emotionally
- Often aimed at certain groups, for example because of race, religion, gender, disability or sexual orientation.

**Emotional:** Hurting people's feeling, leaving you out

**Physical:** Punching, kicking, spitting, hitting, pushing

**Verbal:** Being teased, name calling

**Cyber:** saying unkind things by text, email and online  
**Silent:** Ignoring, excluding

**Racist:** Calling you names because of the colour of your skin

**Homophobic:** Dislike of nonconventional family structures, improper use of the word gay, supports gender stereotypes

## At Outwood Primary Academy Kirkhamgate

We use 'Time To' sessions and assemblies to teach about bullying

We encourage our children to speak out to a trusted adult if they are worried

We encourage kind words and hands

We teach how to stay safe online

We take reports of bullying very seriously

*I know the difference between someone being mean or unkind and bullying - Arthur*

*I know which trusted adults there are in school that I can talk to if I am worried - Lily*



**Bullying is something that happens several times on purpose.**

**Several**

**Times**

**On**

**Purpose**



**Read our Anti-Bullying policy here: [shorturl.at/NOPRV](http://shorturl.at/NOPRV)**

## Advice for parents

If you would like to access further guidance on how to support your child if they are victims of bullying, or they are bullying others, the following organisations can help. Access their support via the internet.

  
www.parentinfo.org

  
www.kidscape.org.uk

  
www.nspcc.org.uk

  
www.youngminds.org.uk

