



Keeping kind and caring policy



What is bullying?

Bullying is, "hurting someone on purpose more than once."

What is not bullying?

Bullying is not, "falling out with your friends or accidentally hurting someone."



Types of bullying behaviour:

Physical Bullying

- Punching or hitting
- Kicking
- Pushing
- Nipping or biting

Emotional Bullying

- Saying unkind words
- Leaving someone out on purpose
- Name calling
- Telling lies about someone or spreading rumours
- Telling someone they can't be friends with someone

Cyber Bullying

- Unkind text messages or emails
- Unkind comments on social media or trolling
- Sharing personal information about someone else without their permission e.g. a photo

Other types of bullying:

- Saying unkind words about the colour of someone's skin (Racism).
- Saying unkind words about someone's religious beliefs.
- Saying unkind words about someone's gender.

SHOW KINDNESS AND RESPECT

Use kind words.

Use kind hands and feet.

Smile!

Use 'please' and 'thank you.'

Offer to help.

Hold the door.

Say 'Hello' to people.

Give a compliment.

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If you are being bullied you should:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a trusted adult, such as your parent, carer or teacher.
- If you feel you can't tell an adult write your concern in the bocs becsó.

What you shouldn't do:

- Don't bully back
- Do what the bully says.
- Let what the bully says or does upset you.
- Get angry or physically hurt them.
- Don't blame yourself

Everyone at Ysgol Parcyrhun is responsible for anti-bullying but some adults you might talk to are:

1. Your teacher
2. Your class TA
3. Mrs Hallam or Miss Williams
4. Any teacher in the school
5. Any TA in the school
6. Miss Jenkins the in the office.
7. Breakfast club /kitchen staff.

What we do at Ysgol Parcyrhun to respond to bullying:

- We don't tolerate the bullying behaviour.
- We listen to our children - you can talk to us about anything.
- We give you the information they need to know about what bullying is
- We help you to know what to do if they are being bullied or see someone being bullied.
- We are kind, friendly and respectful to others.
- We think about people's feelings before we say or do something.
- We contact the parents or carers to sort the issue.
- We take part in regular circle time, assemblies, antibullying week and safer internet day to keep our children happy and safe.

This policy was developed by the school council and the Llesiau Lles council.