



Here at St Mark's Catholic Primary we want a caring, friendly and safe place for all of our children. **Bullying of any kind is unacceptable at our school.**

If you are feeling upset or worried about anything, please tell one of the Teachers, Teaching Assistants, Dinner Ladies, Office, Staff, Caretaker, Cleaners or your friends and family. You can also leave a message in your class 'Worry Box'.

You will always be listened to and we will always help you

Often your friends will tease, fall in and out with each other, have arguments, stop talking to each other and agree and disagree about what's cool and what's not. This is a normal part of growing up and **is not bullying.**

Bullying behaviour usually is:

- deliberate – hurting someone on purpose – it is not accidentally hurting them
- unfair – the intended target is hurt and doesn't deserve this
- repeated – it can go on and on and can happen again and again Bullying behaviours can include:
 - being hit, kicked, tripped, poked, kicked
 - having belongings stolen or damaged
 - being ignored, left out, people talking about you
 - receiving unkind messages through text messages, social networks or emails

Many children and young people experience bullying because they are "different" or because they are thought to be "different".

At St Mark's Catholic Primary, we encourage everyone to respect others and celebrate similarities and differences in all people.

Those involved in bullying behaviours may take on one of the following roles:

- leader – leading the bullying activity
- assistant – helping the leader

- reinforcer – watching, perhaps laughing
- target – the target of the bullying behaviour
- defender – tries to stop the bullying
- outsider – walks away without getting help. In RHSE, Zippy's friend's ,Apple's Friends, and as situations happen, we will explore and discuss these roles and help everyone to make positive choices.

Where to get help if you are worried about bullying behaviour

- Tell someone – it could be a friend, someone in your family or an adult in the school. We need to know what is happening so we can help you.
- The incident will be investigated and we will talk to everybody involved.
- We are always working to encourage everyone to make better choices and to think of others feelings.

Contact numbers:

Respect Me - <http://respectme.org/> 0844 800 8600

Bullying Online - www.bullying.co.uk

Child line: <https://www.childline.org.uk/> 0800111

Written by our School Councillors October 2021

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