



# Children Friendly Anti-Bullying Policy

## What is bullying?

A bully is someone who hurts another person more than once, over a long period of time. At Bledlow Ridge School, we use the word **'STOP'** to identify bullying:

**Several  
Times  
On  
Purpose**



It is important to remember that single problems and falling out with friends are not bullying.

Bullying is shown when people use behaviour that is meant to scare, hurt, or upset a person. It **can** happen online too.




## What should I do?

If you are being bullied – **at school or online** - the first thing you should do is tell the bully to stop.

You can:

-  Stand up for yourself and tell the bully to leave you alone.
-  Tell a grown up, such as your parent, carer, or teacher.

You should try not to do:

-  Do what the bully says.
-  Let what the bully says or does upset you.
-  Get angry or hurt them back.





Always remember that if you are being bullied, it is not your fault and you are never alone. You shouldn't be scared to talk to someone if you're being bullied. If you talk to a grown up, they can make the bullying stop.



## How can staff at Bledlow Ridge School help?

Every adult at Bledlow Ridge School is here to help you solve all of your problems. It is important that you tell someone as soon as you're being bullied, or you notice someone else being bullied. Speaking to your parents, carer or teacher will mean that adults can make sure the bullying stops and doesn't happen again.

The list below shows grown-ups at Bledlow Ridge School that you can speak to:

-  Your Class Teacher
-  Mrs Harrison or Mrs Stanley
-  Any teacher or Teaching Assistant
-  Office Staff

Remember that bullying can be done through another person, by one person sending another person to say nasty things.

Here is a reminder of the 6 school values that we all try and show whilst in school and out.

### Our School Values:

Empathy  
Confidence  
Resilience  
Health  
Curiosity  
Respect

**How have you shown our Bledlow Ridge School Values today?**

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