

Ready
Respectful
Safe

How we stay Respectful and Safe
at
Valley Invicta Primary at Kings Hill



2019-2020

Contents

To be respectful we are working with UNICEF to use the **United Nation Convention of the Rights of the Child** articles.

Our class charters, lessons and assemblies help us learn how to respect the rights of everyone in our school community.

To feel safe and happy at school we wanted to answer some important questions:

1. How do I keep safe and happy?
2. Who do I talk to if I don't feel safe or happy?
3. What is bullying?
4. What types of bullying are there?
5. What should I do if I am being bullied?
6. What should I do if I see someone else being unsafe?
7. What do I do if I think someone else is being bullied?

Feeling safe and happy at school

At **Valley Invicta Primary at Kings Hill** we want to make sure that we all feel looked after, safe and happy when we are in and out of school.

Sometimes adults don't know if something bad is happening, so you need to tell them.

This policy looks at:

1. Keeping safe
2. Bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- ❖ Helping you know how to keep safe.
- ❖ Helping you to know what bullying is.
- ❖ Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- ❖ Telling you names of grown-ups that you can speak to if you are worried.
- ❖

How to Keep Safe

- Learn how to eat and drink healthily.
- Learn who to talk to.
- Learn who to listen to.
- Learn to recognise and manage risk
- Know how to develop healthy habits
- learn about sex and relationships
- be aware of E-Safety including grooming
- deal with conflict and bullying
- developing positive attitudes
- The school supports us if we feel low, angry or upset.

What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt** or **upset** that person.

At our 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 behaviour which is **repeated** on purpose and is meant to **upset** someone.

Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person sending another person to say nasty things.

What should we do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You should also:

- Make eye contact and tell the bully to leave you alone.
- Tell a grown-up, such as your parent, carer or teacher **straight away**.

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

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 are being bullied. If you talk to a grown-up, we can **make the bullying stop**.

What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like an adult in school like your teacher **or Mrs Guthrie, Mrs Covey or Mrs Gidley.**

Telling **an adult in school or your parents** will mean that we can make sure the **bullying STOPS** and doesn't happen again.

The list below shows the **grown-ups** at our **school** that you can speak to:

Your class teacher/s and Teaching Assistants

MRS GUTHRIE

MRS COVEY

MRS GIDLEY

How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we are ready, respectful and
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.

- Thinking about people's **feelings** before we say or do something.
- Taking part in **circle time** and **anti-bullying week**.