

# Christ Church C.E.(VC) Primary School

## Anti-Bullying Charter



### What is bullying?

**Bullying is more than a fall out between friends, or a one-off argument:**

- It is done on purpose
- It is hurtful
- It happens more than once
- It involves an imbalance of power – (2 against one, an older person and a younger person)
- It can take place between children, between adults, between adults and children
- It can take place face-to-face or online

### What can we do?

- Do not take part in bullying
- Tell an adult as soon as possible if you are being bullied – this could be an adult at home or an adult in school
- Tell an adult as soon as possible if you see something that looks like bullying – don't be a bystander
- Talk to an adult if a friend tells you they are being bullied – don't try to deal with it yourself
- Talk to an adult if you are worried about bullying
- Take part in PSHE lessons about bullying

### What will the adult do?

- They will listen and help you to talk it through
- They will ask you what you want to happen
- They may talk to everyone involved and help everybody to understand what has gone wrong
- and help everybody involved to create a plan to stop the bullying or upsetting incidents
- They may need to tell other trusted adults
- Afterwards they will check in with everybody and be there to keep supporting you

**Together we can beat bullying and create a kinder world!**