



Child-Friendly Anti-Bullying Booklet

FEELING SAFE • FEELING HEARD • BELONGING



St Mary's C.E. Primary and Nursery School

2026 edition

Walking the way of Christ – being and becoming





1 • YOU BELONG HERE

Feeling safe and happy at school

At St Mary's School, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

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

We can help you by:

- 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.
- Helping you know which grown-ups you can speak to.



Remember: asking for help is a strong and sensible thing to do.



2 • KNOW WHAT IT MEANS

What is bullying?

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

At our school, we use STOP:

S

Several

T

Times

O

On

P

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.

STOP means Several Times On Purpose.

STOP

BE SAFE



3 • BULLYING CAN LOOK DIFFERENT

Different types of bullying

1

Emotional

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

2

Physical

punching, kicking, spitting, hitting or pushing someone.

3

Verbal

teasing someone, calling them names or using hand signs. This can include racist or sexist bullying.

4

Racist

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

5

Homophobic

bullying someone because of their sexuality or perceived sexuality.

6

Sexist

bullying someone because of their sex, whether they are a boy or a girl.

7

Cyber

sending hurtful messages over the internet through social media, texts or messaging apps.

8

Through another person

one person sending another person to say nasty things.



4 • SPEAK UP

What should I do if I am being bullied

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

You can also:

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

Try not to:

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



Always remember: if you are being bullied, it is not your fault and you are never alone.



5 • BE AN UPSTANDER

If you see bullying, help safely

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.
- If you can, and it is safe, tell the bully to stop — but never get angry or physically hurt 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 help that person feel happy again.



Who can I talk to?

Tell someone as soon as you are being bullied, or you notice someone else being bullied. You can speak to your mum, dad, carer or teacher.



6 • LIVE THE ST MARY'S WAY

How can I help stop bullying?

We can all help stop bullying at our school by:

- Making sure we keep to the rules in this guide.
- 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 PSHE, assemblies and anti-bullying week.

Our values in action

CURIOUS • RESPECTFUL • RESILIENT • ACCOUNTABLE

ACTIVE MEMBERS OF OUR COMMUNITY

"I came that they may have life, and have it in all its fullness."

John 10:10

