



East Hunsbury Primary School



What is bullying and what should I do
about it?

Child Friendly Anti-bullying Policy

Review Date: January 2026

What is bullying?

Bullying is intentionally hurting someone repeatedly.

It could be verbal, physical, emotional, indirect or cyber bullying.

Emotional – hurting people's feelings, excluding people

Cyber– Saying unkind things by text, phone, email, or social media

Physical– Punching, kicking, pushing, hitting, spitting

Indirect– Spreading rumours about someone

Verbal– teasing people, calling them names

Child on Child abuse – children of all ages, e.g. your friends, someone you might go to school with, someone in your family or another child you might know, could be abusive towards you. Abuse is something which usually, physically or emotionally, hurts another person by using behaviour that is meant to scare, hurt or upset that person. If you are worried about yourself or someone you know, you can look at our Child-on-Child abuse information available in school or talk to a trusted adult for more information about this.

What should I do if I am being bullied or I think my friend or classmate is?

Tell the bully to stop, if you feel safe or ask a friend to help you. Seek help straight away!



Start
Telling
Other
People

Who can I talk to?

- Your class teacher
- Your teaching assistant
- A lunchtime supervisor
- Krista
- Mrs Keay
- Lucy
- Mrs Pennington
- As well as your friends and family!



What does the East Hunsbury Primary School community think of bullying?

At East Hunsbury Primary School, we believe any form of bullying is totally unacceptable.

We believe all children in our school have the right to feel happy and safe.

We want our school to be bully free.

We want all children at our school to uphold our school rules of:

- Be ready
- Be respectful
- Be safe

We want all children at our school to live by our values of:

- Be Kind
- Work Hard
- Believe



If you are worried
about bullying S.T.O.P

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