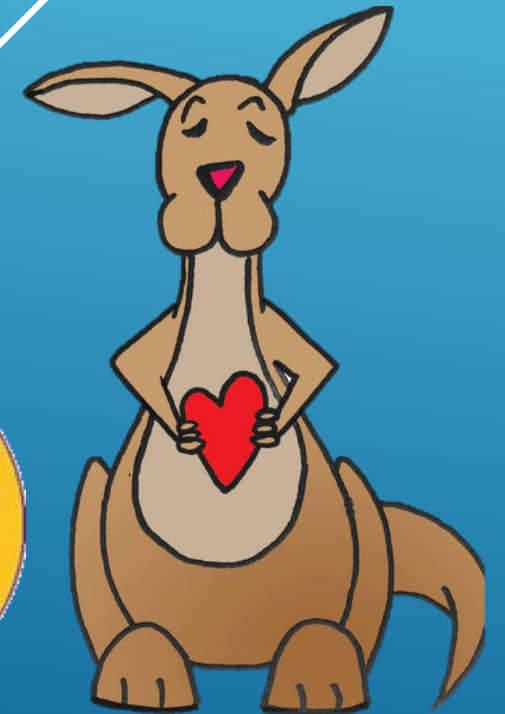


OUR COOL ANTI-BULLYING POLICY 2025

Policy and Practice at Llanrhidian
Primary School Developed By
School Council



OUR RIGHTS

Article 28 - Right to an Education

Article 19 - Right to be safe

Article 14 - Right to follow your own religion

Article 29 - Right to be the best that we can be



What is Bullying?

Bullying is repeated behaviour (over and over again) which can hurt, frighten or cause unhappiness to us.

Physical Bullying

Hitting, kicking, taking or hiding others' property

Verbal Bullying

Name calling, teasing, insulting, writing unkind notes, texts or messages

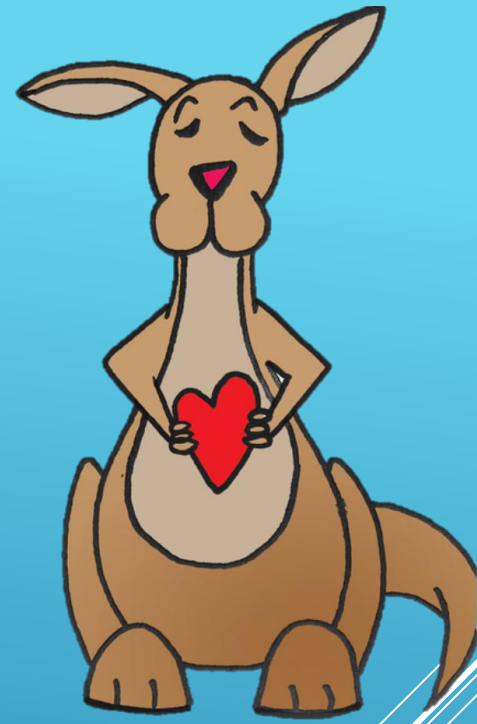
Emotional Bullying

Being constantly unfriendly, tormenting, spreading rumours, ganging up, forcing you to do something

Online Bullying

Using any form of technology to be unkind, sending messages, images, videos on a mobile phone, social media, gaming

Welsh Government says that bullying is *'Behaviour by an individual or group, usually repeated over time, that intentionally hurts others either physically or emotionally.'*

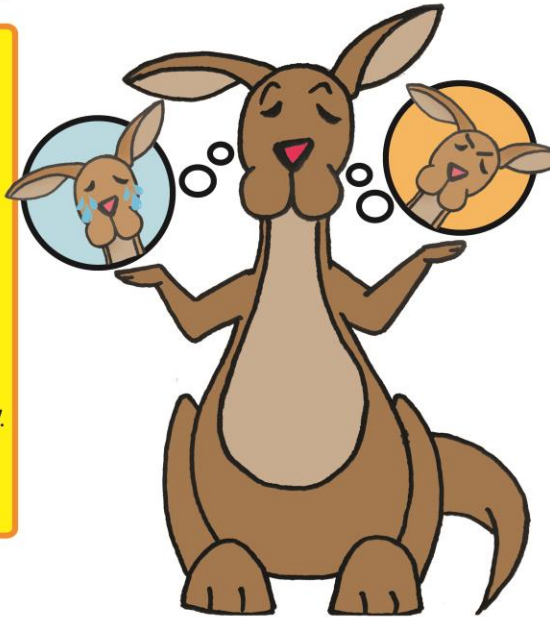


Know the difference



Rude

If someone says or does something once and they didn't mean to upset you. They might have done something unintentional, accidentally, impulsively, unplanned or thoughtlessly. They might feel regret or remorse for upsetting you.



Mean

If someone says or does something once or twice and they meant to upset you. They did it intentionally, on purpose, planned and deliberately. They might feel regret at upsetting you afterwards.



Bullying

If someone says or does something to upset or hurt you over and over again. They don't stop when you ask them to. They are doing this intentionally, on purpose, planned and deliberately. They don't feel any remorse or regret about upsetting you.

KNOW THE DIFFERENCE

It is important that in Llanrhidian that all Governors, Staff, Parents and Pupils know the difference between rude, mean and bullying.

When investigating a bullying claim, the pupils involved and staff should work together to make a decision whether it is rude, mean or bullying by using the NGP definitions.



ASK FOR HELP!

There are many things you can do if you think you are being bullied:

- Ask for help from your parents/teachers/someone you trust.
- Try your best to walk away and ask a trusted adult for help.
- Try to ignore what they are saying and find an adult and ask for help.
- If it is online, close your device, report and ask for help.



WHAT DO YOU DO IF SOMEONE YOU KNOW IS BEING BULLIED?

There are many things you can do if you think someone is being bullied:

- Help them ask for help from your parents/teachers/someone you trust.
- Be a good friend.
- Never join in.
- Stop the gossip.
- Report it





Kanga says
Before you speak:

THINK

- T** - Is it **T**True?
- H** - Is it **H**Helpful?
- I** - Is it **I**Inspiring?
- N** - Is it **N**ecessary?
- K** - Is it **K**ind?



KANGA SAYS THINK... BEFORE YOU SPEAK...

It is important that in
Llanrhidian that all
Governors, Staff, Parents
and Pupils know to **THINK**
before we speak.



The Kanga Code

When arriving at class and ready to start the lesson remember:



Kindness

Think about how you can be kind to each other. Allow learning to happen.



Attitude

Have the right attitude to learning and making progress



Nurture

Listen to each other and let ideas grow



Growth Mindset

Be positive throughout the lesson



Aspire

Keep pushing yourself to improve throughout the lesson/day



KNOW THE KANGA CODE

It is important that in Llanrhidian that all Governors, Staff, Parents and Pupils know the KANGA code.



It is important that in Llanrhidian that all Governors, Staff, Parents and Pupils know about the self-regulation zones, and we work together to help each other get into the green zone, so that we are ready to learn!

KNOW THE SELF-REGULATION ZONES

What zone am I in?

NORTH GOWER PARTNERSHIP



Tips to get in the green zone

  Sad	 Tired
 Sick	 Bored

  Calm	 Ready
 Happy	 Okay

  Silly	 Frustrated
 Hyper	 Upset

  Mad	 Angry
 Yelling	 Hitting

 Drink Water	 123 Count to ten	 Take deep breaths	 Tense and Release	 Draw or Write	 Talk to an adult
 Self Talk	 Take a walk	 Listen to music	 Ask to take a break	 Ask to eat a snack	 Think calming thoughts

Nurture Growth Positivity

