

"Caring & sharing as part of God's family"
"Loving our neighbour as we love ourselves" - Luke 10:27

Our **Child-Friendly Kindness Policy** **(Anti-Bullying Commitment)**

We pride ourselves of being 'kind' to each other.

We ask ourselves the following questions regularly:

- 1.** Am I kind to myself?
- 2.** Am I kind to others?
- 3.** Are people kind to me?
- 4.** Do I understand when people are kind to me?
- 5.** Do I help people who are being bullied?

Review annually



Everyone should be kind to everybody.

We will try to give 5 compliments a day!

We believe that everyone should be happy at school.

We will practise sharing and kindness and help people.

We check on each other to make sure they are ok.

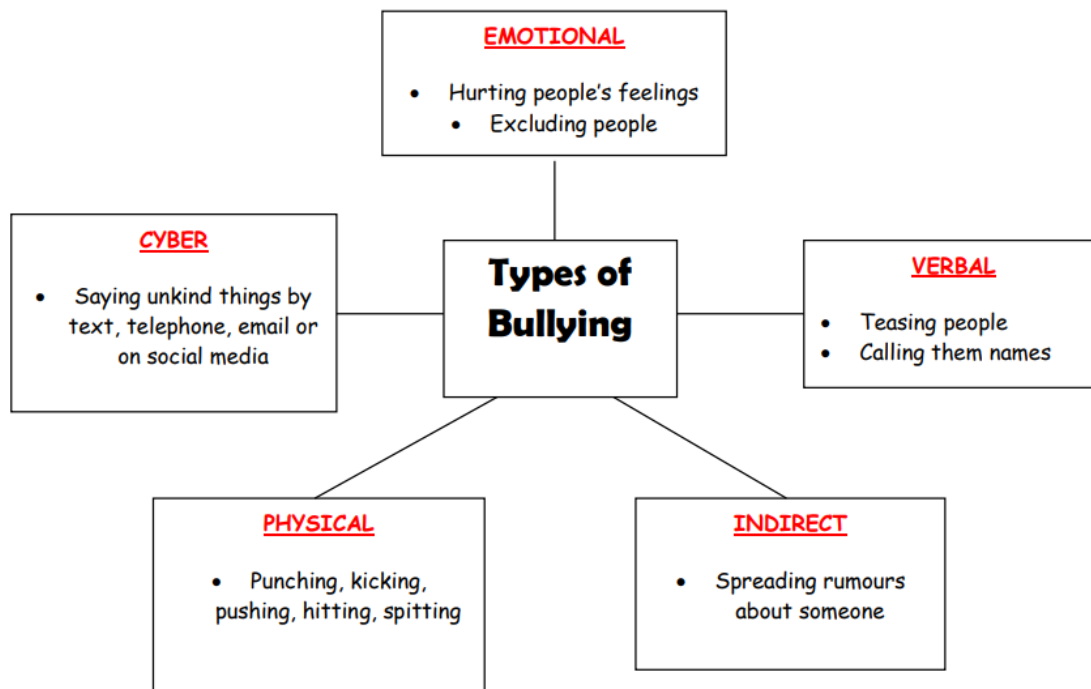
We will try to respect other people's choices.

We will try to use our good comments.

We will think before we speak: Is it kind? If our comments are unkind, we should keep them to ourselves and not say anything at all.

What is Bullying?

Intentional and repeated acts of being unkind to someone else.



Bullying is any behaviour that makes someone feel upset, uncomfortable or frightened several times on purpose.

**Several
Times
On
Purpose**

What do you do if you feel like you are being bullied?

S tart
T elling
O ther
P eople

- Speak out and tell a trusted adult.
- Don't get angry at them, walk away and don't retaliate or react.
- Don't take it personally, it is about them not you.
- Once the issue is sorted, let that be the end. Don't hold onto differences.
- Say to the other person how you are feeling.
- Try saying something kind to them in response.
- Ask them if they are OK? They may be having a hard time too!

What should we do if we see someone being unkind?



We should tell them to stop and remind them to be kind.

Tell someone responsible so they can step in and make an impact.

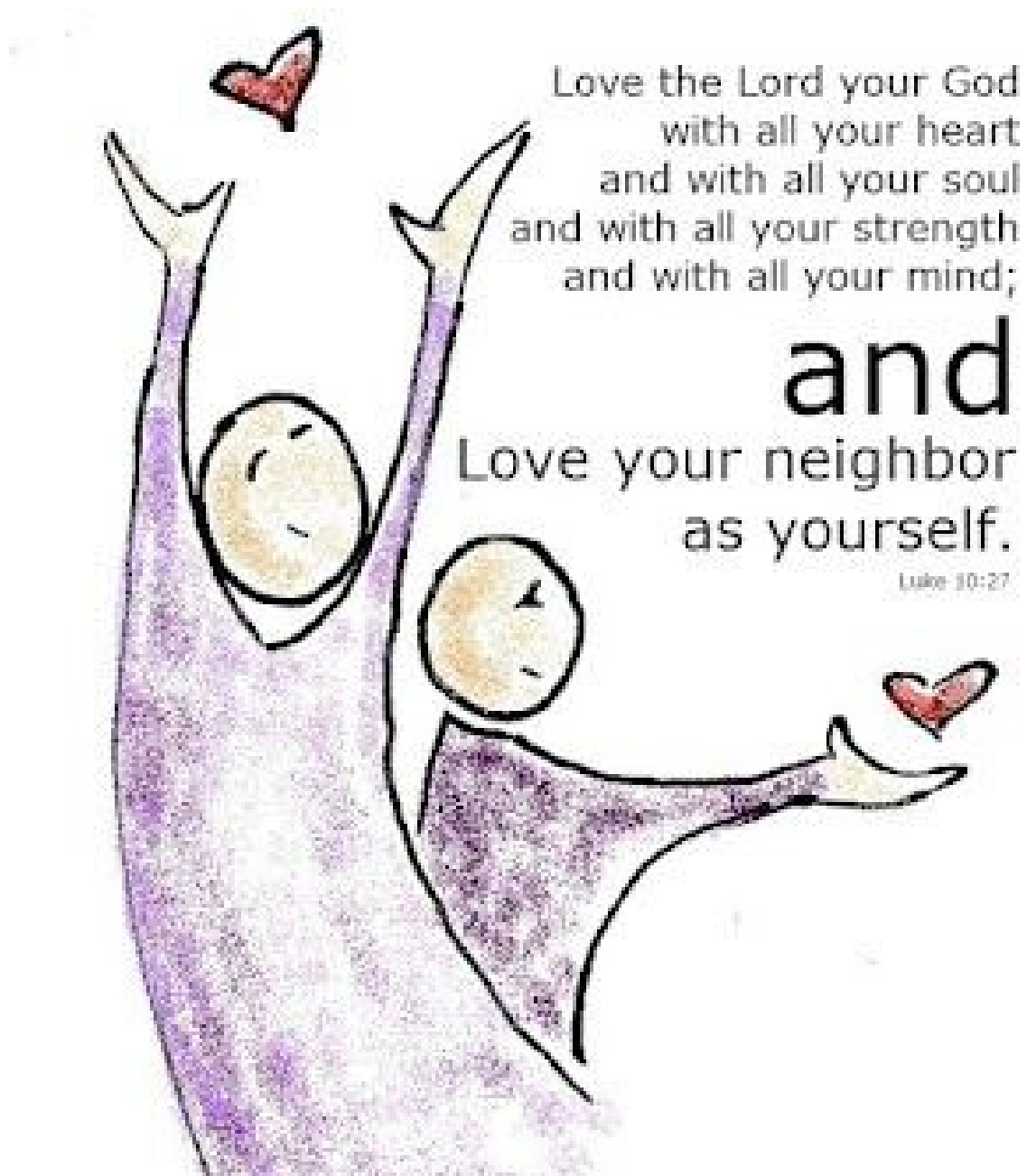
Stand up for each other.

Tell the bully that they are making someone feel upset.

Be a good role-model for others

Tell them to follow the lessons Jesus taught us

This is our aim:



We support Anti-Bullying Week every year and Young Minds Mental Health (Go Yellow Day) to maintain our awareness and prioritise this in our school.