

Positive Relationships and Anti-Bullying Strategy at Cranborne Middle School

We take bullying behaviour very seriously in our school because:

Bullying makes people unhappy and it has a long lasting effect on the victim. It affects your ability to learn and your ability to make and keep friends. Bullying affects everyone who is involved in it: pupils, parents and the adults in school.

What is bullying behaviour?

Bullying is different from teasing because it is **UNFRIENDLY, UNWANTED** and **ONGOING** behaviour towards another person, even if they are a friend. Bullying can hurt, threaten and frighten the person it is aimed at. It is a power imbalance between two or more people and can take place between friends too. It takes place **Several Times On Purpose**.

<h3>Teasing</h3> <ul style="list-style-type: none">• Everyone is having fun• No one is getting hurt• Everyone is participating	<h3>Conflict</h3> <ul style="list-style-type: none">• No one is having fun• There is a possible solution to the disagreement• Equal balance of power
<h3>Mean Moment</h3> <ul style="list-style-type: none">• Someone is being hurt on purpose• Reaction to a strong feeling or emotion• An isolated event (does not happen regularly)	<h3>Bullying</h3> <ul style="list-style-type: none">• Someone is being hurt on purpose• Repetitive (happens regularly)• Imbalance of power

Sometimes, other children may say or do unfriendly things. Read this useful chart above to work out whether it was bullying behaviour. ***If it has hurt your feelings, please do not suffer in silence.***

Who could I tell if I don't like what has happened to me or I see it happen to other people?

- A family member
- A friend
- **Any** adult in school: teacher, TA, lunchtime supervisors, office staff, caretaker
- Put a note in the Talk Tin in your tutor room.

Our Anti-Bullying Policy can be viewed on the school website.