



# Ash Grove Academy

# Bullying Prevention Policy

written by the AGA Kindness Ambassadors



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Our role as Kindness Ambassadors is to promote acts of kindness in order to prevent bullying of any kind at Ash Grove Academy. We have created this policy to help you understand what bullying is and what we can all do to prevent it happening.

Bullying is:

- \* **TARGETED** – the same person is picked on
- \* **REPEATED** – over and over again
- \* **A POWER IMBALANCE** – it is done to make the person feel small and powerless, and to make the bully feel big and powerful

There are different kinds of bullying:

- \* **PHYSICAL** – anything using the body – hitting, pushing, slapping, kicking, shoving
- \* **VERBAL** – anything using mean words – name-calling, teasing
- \* **EMOTIONAL** – anything that hurts someone on the inside – criticising someone, laughing at someone, talking behind someone’s back, pulling faces
- \* **SOCIAL** – anything that affects someone’s ability to ‘fit in’ and be part of a group – spreading rumours or making up stories, leaving someone out
- \* **CYBER** – anything that uses a device (computer, phone, tablet, games console) – sending unkind messages, creating hateful posts, leaving people out of groups, spreading nasty rumours online, pretending to be someone else or using their log-in

Here are things we can all do to stop bullying from happening at Ash Grove Academy:

- > **TELL, TELL, TELL!** If you think you are being bullied, always tell someone you trust – a grown-up at home, or a grown-up at school. If a friend tells you they are being bullied, encourage them to tell a grown-up, and make sure you tell yours, too.
- > **Be nice:** smile at each other, care for each other, help and support each other – in the classroom and in the playground. You don’t have to be friends with everyone, but you do have to be nice to everyone.
- > **Be fair:** everyone is different, but everyone is equal. Take turns and share. Treat each other as you would like to be treated. Let other people play with you, and ask people to play if they look sad or lonely.
- > **Show empathy** – put yourself in someone else’s situation and think about how you would feel if you were them. Be thoughtful and considerate.

 **CHOOSE KIND** 