

***The MPPS Bully Busting Charter***  
**Bullying is not tolerated at our school**

**If you are being bullied, or if you know  
someone else who is being bullied, you should  
Make a Noise about Bullying!**



**We look after each other at this school.**

**If you tell someone it *WILL* get sorted  
out**

*This guide was produced by the School Council in November 2024  
During anti bullying week*

# Moss Park Primary School

## Anti-Bullying Guide

*This guide is written **by** children **for** children  
to protect **all** children at  
Moss Park Primary School*



*"Most of the time everyone gets on at our school. We hardly have any bullying but it *could* happen so it's better to be safe than sorry. Read on so you can find out about being bullied and how to stop it".*

### What is bullying?

- It's **more** than just 'falling out' with your friends
- If it happens just once, it could be an accident or a mistake - this is not bullying
- If it is **deliberate** and happens **all the time** it is bullying

**Remember we use the word STOP!**  
**Bullying = Several Times On Purpose**

- Bullying can be **verbal**, when someone uses **unkind words**, either to your face, to other people or on the internet/phone (cyber-bullying)
- It might be **physical**, when someone hits you or **damages** your things
- If someone thinks it's fun to make you **sad** or **angry**
- If they try to stop other people playing with you
- If they make fun of the way you look, or speak or say **cruel** things about your family or beliefs to **hurt** you

### How does bullying make people feel?

- Fed up and sick inside
- Alone and bad tempered
- Worried, miserable and upset
- Frightened to come to school and not wanting to do their work
- They may struggle sleeping
- They may go off their food

### Why do people bully and should we help them?

There are many reasons that someone may bully. It could be that they are seeking attention because they are unhappy. They might be bullying so that they aren't bullied themselves. We should talk to them and see if we can help them and ultimately help them to stop.



**If you think you are being bullied, or that someone else is being bullied, we will HELP you.**

**STOP!**  
**Also means Start Telling Other People**

### What can you do?

- ✓ Tell a teacher, midday supervisor or teaching assistant
- ✓ Put a note in the Chat Box
- ✓ Tell your parents (after somebody at school)
- ✓ Tell a friend
- ✓ Tell a Playground Leader
- ✓ Tell your School Council representative

### What the school will do

- ✓ Listen!
- ✓ Take it seriously
- ✓ Start a bullying investigation
- ✓ Talk to the bullies and help them change their ways
- ✓ Tell the bully's parents
- ✓ Involve Mr Lowe from Longford Park

For further information contact Child Line on 0800 1111 or [www.childline.org.uk](http://www.childline.org.uk). They offer lots of support, advice and resources to help you beat bullying.

***Make a Noise about Bullying!***