



Bullying behaviour is when someone repeatedly and intentionally hurts or frightens another person — either physically or emotionally — over a period of time. This is distinct from one-off disagreements or friendship problems, and children learn how to recognise it and what to do about it (e.g., standing up for others, seeking help).

This definition is taught age-appropriately in Jigsaw lessons to help children understand bullying and build empathy, respect, and positive relationships.



'Kindness is VERY Important'

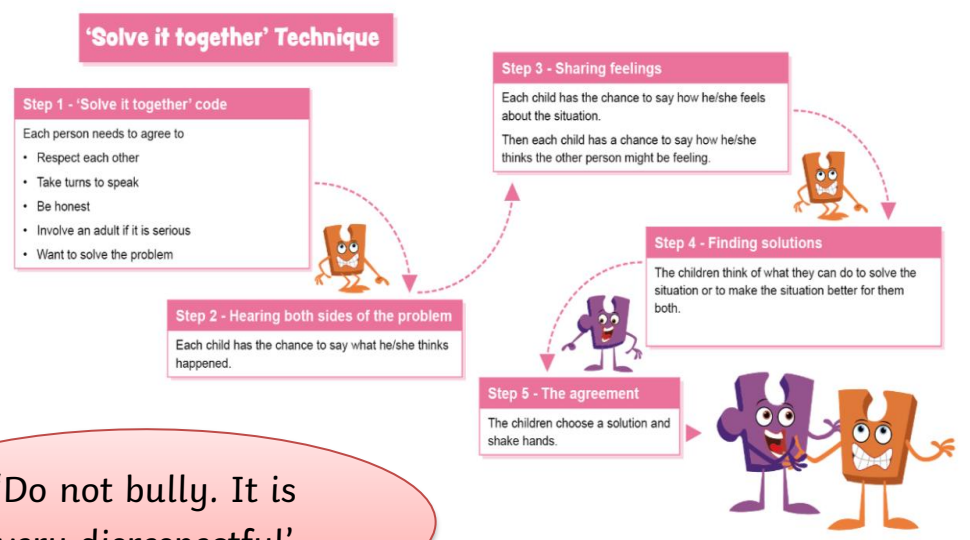
Friendship Buddies

What Our Friendship Buddies Do

Our Friendship Buddies help and support children on the playground during break and lunchtimes. They:

- Help children who feel lonely find someone to play with
- Encourage kindness and inclusive games
- Listen to children who are upset and help them feel better
- Organise simple games that everyone can join
- Make sure no one feels left out

Friendship Buddies help make our school a caring, friendly, and welcoming place for everyone.



'Do not bully. It is very disrespectful'

Kindness Charter

Heatherlands is Powdered by Kindness

- Give compliments
- Make a new friend
- Look out for others
- Always be respectful to each other
- Include people when playing
- Give people a helping hand
- Always welcome visitors
- Always hold a door open for others
- Look after someone
- Help children when they are hurt
- Say please and thank you

OUR ANTI-BULLYING CHAMPIONS

Always here to help with any worries, concerns or friendship issues you may want to talk about!

Anti-Bullying Pupil Survey

- 96% of children said they know what bullying is and how it affects others.
- 100% of children said they would tell an adult or 'Stand up' to it if they were being bullied or a friend.

- ### Education around Anti-Bullying
- NSPPC Assemblies
 - Community Police
 - Jigsaw lessons
 - Online Safety Assemblies
 - School Values
 - Anti-Bullying Week
 - Regular Anti-Bullying Assemblies
 - Restorative Practices



'Differences do not matter'