

St John's C of E Middle School Academy



Child-Friendly Anti-Bullying Policy: Feeling Safe and Happy at School

Contents

Feeling safe and happy at school

1. What is bullying?
2. Types of bullying
3. What should I do if I am being bullied?
4. What should I do if I see someone else being bullied?
5. Who can I talk to?
6. How can I help stop bullying from happening?

Feeling safe and happy at school

At St John's C of E Middle School Academy, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- **Helping** you to know what bullying is
- **Teaching** you what to do if you feel like you are being bullied, or if someone else is being bullied
- **Giving** you the names of people or organisations, you can turn to for help.



Signed by:

Headteacher

Date: _____

Chair of governors

Date: _____



What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is **intended to scare, hurt or upset** that person.

At our school, we use the word **'STOP'** to identify bullying:

S everal

T imes

O n

P urpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated, on purpose** and is meant to **upset** someone.



Types of bullying

Bullying can be different things and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done through **another person**, by one person asking another person to say nasty things.



Snitch

Verb: Inform on someone
"she **snitched** on me and told the teacher about me missing the bus"

Noun: An informer
"they thought he was a **snitch**"

Grass INFORMAL•BRITISH

Verb: inform the police of someone's criminal activities or plans.
"someone had **grassed on** the thieves"

Noun: An informer
"they said she was a **grass**"

We are fully aware you may be scared to tell a teacher **through fear** of being called 'a snitch' or 'a grass'. This is how bullies try to **control** their victims. We will always listen to your wishes and try to be as careful as we can to prevent people from finding out that you have told a teacher.



What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell an adult, such as your parent, carer or teacher.

S peak up!

T ell

O ne

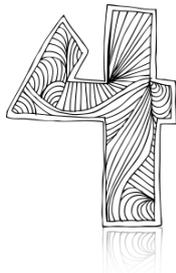
P erson

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.

Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to an adult, we can **make the bullying stop**.



What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** or **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell an adult, such as a teacher, as soon as you've seen someone being bullied.

Adults can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.





Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

The list below shows some of the **adults** at our **school** that you can speak to:



Your Form Tutor

Your Head of Year: Y5 Mr Owen, Y6 Mrs Hirons, Y7 Mr Hirst, Y8 Miss Bourne

Mr Medway (Deputy Headteacher)

If there is a person in school you feel that you can talk to easily, we like to think that you can speak to ANY adult in school.

If you or someone you know is experiencing cyberbullying you must tell your parent, carer or an adult you can trust.

However, you must remember that you have to be 13 years old to have an online social media account! (16 years old for What's App!)



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Reporting any bullying to an adult.
- Not post nasty things online.

If you feel that there is no one you can turn to you could try calling one of the following **helplines**:



Before you speak:

THINK

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?