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Child-Friendly Anti-Bullying Guide: Feeling Safe and Happy at School 2024 - 2027

St John's C of E Middle School

This policy is reviewed and updated by **Kate Gallinagh – Deputy Headteacher/DSL** at St John's Middle School and approved by the Local Governing Body.

This policy will be subject to ongoing review. It may be amended prior to the scheduled date of the next review in order to reflect operational or legislative changes where appropriate.

Date: April 2024

Ratified: **April 2024**

Next Review: April 2027

In collaboration with

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Feeling safe and happy at school

Feeling safe and happy at school

At St John's Middle School, 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 guide 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.





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:

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P urpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**. However, if you are experiencing social difficulties adults may be able to help.



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.

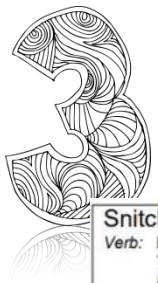


Sexist means bullying someone because of their gender (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages over the internet, gaming platforms or by electronic message.



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



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**.





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.

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.



If you feel you are in immediate danger, please find a member of staff right away, or call the emergency services.

Tell a teacher/ Teaching Assistant

Ring Childline or webchat for advice 0800 1111

Tell a parent/carer and ask them to help you

Ask a friend to help to tell someone

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 help to **make it 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** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

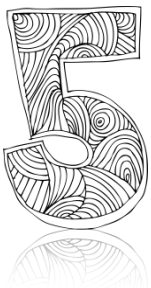
If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them. Do not encourage the person doing the bullying or standby and do nothing.

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, teacher** or **other adult in school** will mean that we can make sure the **bullying stops** and doesn't happen again.

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

Your Classroom- Teacher/Teaching Assistant

Your Head of Year

Mrs Elwell - Headteacher

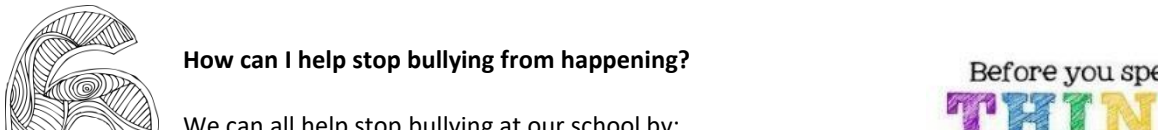
Mrs Gallinagh - Deputy Headteacher

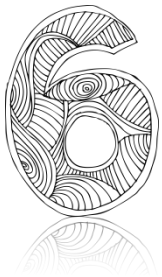
Mrs Young (KS2)/Mrs Butt (KS3)/Mrs Alexander/Mrs Shepherd

If there is a person in school you feel that you can talk to easily, please request to speak to them, although 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.
- Report any bullying concerns to an adult
- Not post unkind or inappropriate content online, including rumours.
- Not say nasty things over technology such as gaming platforms.
- Remember our school rules: Be Ready, Respectful and Safe



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



