



Anti-bullying Policy for Pupils

Bullying is unacceptable behaviour that results in someone feeling hurt, threatened, frightened, isolated or unhappy.

Bullying is an imbalance of power. It is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying can take many forms, for example:

- name calling
- spreading lies / rumours
- teasing
- hitting or kicking - intending to cause physical pain
- pushing or pulling
- taking money or possessions
- leaving out or excluding an individual
- threatening or intimidating
- Sending horrible messages
- comments relating to race, religion and sexual orientation.
- threatening or making horrible comments/posting pictures on social media.

Guidance for pupils

If you feel you are being bullied:

- Be firm, be clear - look them in the eye and tell them to stop
- Get away from the situation as quickly as possible
- Tell an adult what has happened straight away

When you are talking about bullying with an adult, be clear about:

- What has happened to you
- How often it has happened to you
- Who was involved
- Who saw what was happening
- Where it happened

