



This school is a place where everyone has the right to be themselves. It's a place where everyone can **feel safe, be happy and learn**. Everyone at our school is **equal** and acts with **respect and kindness** towards each other. Our school is a bully-free place.

## What is Bullying?

Bullying is when a person **is hurtful or unkind to someone else**, on purpose and more than once. Bullying can be done by **one person or by a group of people** and can be towards one person or a group of people. A useful way to remember bullying is:

# SEVERAL TIMES ON PURPOSE



Bullying can be:

**Hitting or saying you are going to hit someone**

**Touching someone when they don't want you to**

Sending hurtful or unkind texts, emails or online messages to someone or about someone



Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people



**Stealing or damaging someone else's belongings**



**Sexist bullying, which is bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'**

**Ignoring someone on purpose or leaving them out**

**Homophobic or biphobic bullying.** This is saying unkind or nasty things because someone is **lesbian, gay or bisexual**, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example 'you're so gay!'

**Family and Culture**

**Race and ethnicity**

**Religion and Belief**



Bullying can be about:

**Transphobic bullying.** This is saying unkind things because someone is **Trans**, or because you think they are **Trans**, or being nasty about **Trans** people (someone who feels the gender they are given as a baby doesn't match the gender that they feel themselves to be).



## Why does bullying happen?

Although bullying doesn't happen very much at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember **that it is never your fault.**

## Where does bullying happen?



Bullying can happen  
at school, after  
school or online.



## What should I do if I think someone is being bullied?

Talk to the person and ask if they're ok and try to find out if they are being bullied. If they are, ask if you can help them **talk to a teacher or an adult they trust.**

## What should I do if I'm being bullied?



If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:

- Tell a **teacher** – your class teacher/*teaching assistant* or family support team
- Tell a **friend** who will be able to help you
- Tell any other adult staff in school
- Tell an adult at home
- You can also write a note about the bullying and put it in the worries box
- You can also call ChildLine at any time for free on **0800 1111**. They will not tell anyone else about what you have said.