

## What is cyber bullying?

Cyber bullying is bullying online. It often takes place outside of school and can happen at any time of the day. It can be done on apps such as: Instagram, Snapchat, TikTok, YouTube and online games.

Cyber-bullying can include the following.

- Where someone may be sending you:
  - threatening, upsetting or inappropriate messages, pictures or videos
  - silent or abusive phone calls
  - unpleasant messages via a chat room
- Someone could also be using your phone or email to send bullying messages to others to make them think that you are responsible.

**If any of this is happening, you should save a screenshot of the evidence and tell your parent/carer or a member of staff immediately.**

The websites below can help you if you are experiencing anything concerning online, whether it is bullying or otherwise.



Worried about something you've seen online?

**CLICK TO REPORT IT!**



## Who to contact at school

You can contact any member of staff to report bullying at our school, however the Pastoral Team will often support.

They are made up of:

- Form Tutors
- Pastoral Year Leads
- Heads of Year
- Navigation Manager
- Safeguarding Team
- SEND team
- Member of the senior leadership team

The quickest way to contact them is by emailing them directly or using the general email:

[info@derbycathedralschool.org.uk](mailto:info@derbycathedralschool.org.uk)

Please read our Anti-Bullying Policy and our flow diagram called **'What to do if you or someone you know is being bullied'**

# Anti-Bullying

Information for  
parents/carers  
and students

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.”

*Ephesians 4:29*

Derby Cathedral School  
Great Northern Road, Derby DE1 1LR  
Tel: 01332 325710

[info@derbycathedralschool.org.uk](mailto:info@derbycathedralschool.org.uk)  
[www.derbycathedralschool.org.uk](http://www.derbycathedralschool.org.uk)

**DDAT**  
Derby Diocesan Academy Trust

We are proud to be part of  
Derby Diocesan Academy Trust.

**Derby**  
CATHEDRAL  
SCHOOL

## Introduction

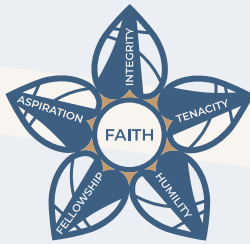
Derby Cathedral School does not accept bullying or intimidation in any form.

Our FAITH values promote tolerance and equality and no student at our school should ever feel they have to put up with persistent intimidation.

Our staff and Pastoral Team are always on hand to support when students report bullying to us and we will always deal with this in a timely fashion.

## Bullying has no part of our FAITH culture

Derby Cathedral School is a Christian community that welcomes students, families and visitors of all faiths and none. The diversity and richness of such a family brings depth and a vibrancy to our core. Our students are given every opportunity and challenged to be the best that they can be, demonstrating FAITH in all they do.



- Fellowship
- Aspiration
- Integrity
- Tenacity
- Humility

## What is Bullying?

Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online. *(Anti-Bullying Alliance)*

## Bullying is NOT:

- A one-off argument
- A friend being nasty
- A dirty look in the corridor or playground
- Falling out with your friends in school or online.

These types of behaviours can be known as 'relational conflict'. We want to ensure our students know the difference between what is and isn't bullying, however our staff and Pastoral Team deal with any and all negative behaviours, whether they are bullying or not.

## Signs someone is being bullied

These signs may indicate someone is being bullied.

- Not wanting to go to school
- Hiding or truanting
- Becoming anxious or lacking confidence
- Leaving school with damaged or missing possessions
- Cuts or bruises
- Lack of appetite
- Unwillingness to use the internet or mobile devices
- Change in behaviour and attitude at home

Although the signs outlined above may not be due to bullying, they are concerning and will be investigated.

## How to put a stop to Bullying

### Tell a member of the school staff immediately.

Never keep it a secret, always tell someone so we can put a stop to it. If you are being bullied don't try to deal with it yourself. You have got to tell an adult in school so they can help you straightaway.

Have a look at our 'What to do if you or someone you know is being bullied' to see how each incident is dealt with and what support is available.

## How we deal with bullying

We will:

- Listen to you
- Speak sensitively to any witnesses and those involved
- Inform parents/carers
- Arrange sanctions, restorative work and support
- Keep a record of the bullying
- Monitor the situation and provide follow-up support

**We must know what is happening so we can help you.**