



ST EGWIN'S C.E.
MIDDLE SCHOOL

Student-Friendly Anti-Bullying Policy.

Helping you feel safe and happy at School.



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Feeling safe and happy at school

At St Egwin's Church of England 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 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.
- Telling you names of grown-ups that you can speak to.
- How to contact those grown-ups.





What is bullying?

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

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.

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

Several
Times
On
Purpose



Types of bullying

Bullying is:

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



or

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 or sex.

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

Bullying can be done through **another person** or a group of people. Bullying can be led by one person who is dominating others and asking other people 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**.

You can also:

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

You should try not to:

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



upset you.

Always remember that if you are bullied, it is **not your fault** and you **alone**.

being
are **never**

You don't ever have to be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can take action to **help stop the bullying**.



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.

Tell a grown-up, someone you trust, as soon as you've seen someone being bullied.

Grown-ups can take action to **help to try stop the bullying** and make that person feel **happy** again.

You don't ever have to **feel scared** to tell someone about bullying.



You could press the '**Worries and Concerns**' button on the school website. This is completely anonymous, however, if you want somebody to follow up on your concern we encourage you to leave your name.



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 even if you are not sure it is bullying.



Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure you are given support and efforts are made to stop and prevent **bullying**.

Which teacher should I tell?

Any staff member; teacher, part of the Safeguarding Team, TA, member of the office staff, lunchtime supervisor, are all here to help. Just speak to who you feel comfortable with but it would be good if the person you talk to is your Form Tutor.

Ms C Gordon	safeguarding@st-egwins.worcs.sch.uk	DSL
Mr R Langley	safeguarding@st-egwins.worcs.sch.uk	DDSL
Mr S Jordan	safeguarding@st-egwins.worcs.sch.uk	DDSL
Safeguarding Team	safeguarding@st-egwins.worcs.sch.uk	All Safeguarding Staff



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.

- Taking part in our **anti bullying week**

