

What is Bullying Behaviour?

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

Who Can I Tell?

- Any trusted adult in school
- A trusted adult at home
- A friend
- An Anti-Bullying Ambassador
- Childline 08001111



Child- Friendly Anti-Bullying Policy

How will we help? We will listen to any worries or concerns and act to stop bullying behaviour. We promise to always treat incidences of bullying behaviour seriously.

If you are carrying out the bullying behaviour: We will help you to understand that your behaviour is wrong and must stop. Using a restorative approach, we will help you to take steps to repair any harm you have caused.

We will ensure that you take responsibility for your actions and accept any consequences.

What are the Types of Bullying?

Physical-

Actions including: kicking, biting, punching, slapping, inappropriate touching or spitting.

Verbal-

Name-calling, sarcasm, spreading rumours, threats, teasing, belittling, racist, or homophobic remarks

Emotional/Psychological-

Spreading rumours, purposefully excluding someone, damaging or stealing property.

Online/Cyberbullying-

Repeated negative use of technology to intentionally hurt others. Eg: posting unwanted photos or messages, creating fake accounts to impersonate or harass someone or sharing other people's personal information online.