

SMC ANTI BULLYING POLICY



Our school is a place where everyone shows love for Jesus through being kind and compassionate to all around us. In our school, everyone has the right to be themselves and we celebrate that we are all different. It's a place where everyone can feel safe, be happy and learn. Our school does not tolerate bullying.

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. A useful way to remember bullying is using the word **'STOP'**



Several Times On Purpose

TYPES OF BULLYING

1. **Physical bullying** – hurting someone by hitting, kicking, pushing, or taking or damaging their things.
2. **Verbal bullying** – saying unkind things like teasing, name-calling, or threatening someone.
3. **Emotional bullying** – leaving someone out on purpose, spreading rumours, intimidating or trying to make others not like someone.
4. **Cyberbullying** – being unkind or hurtful to someone online, through messages, games, or social media.

PROTECTED CHARACTERISTICS

Bullying should never happen because of someone's protected characteristics:

- Race
- Age
- Gender
- Religion
- Disability
- Relationships
- Who they choose you love
- How they choose to present themselves



WHY DO PEOPLE BULLY?

Sometimes, people who bully others might be feeling upset, angry, or unhappy themselves. They might be going through something difficult or trying to feel more powerful. **But that doesn't make it okay.**

People might bully because:

- They want attention
- They are copying others
- They don't understand how to treat people kindly

Remember:

If someone is bullying you, it is never your fault. No one ever deserves to be bullied.

If you are being bullied, tell a trusted adult—you are not alone, and we are here to help.

WHAT SHOULD I DO IF SOMEONE IS BEING BULLIED?

In our school we all take responsibility in keeping each other safe and stand up for what is right. It is never okay to see someone being bullied and do nothing (**being a bystander**). You can tell people to stop (**become a defender**) or you can tell an adult about what has happened. If you think someone is being bullied then talk to the person, ask if they're okay and ask if you can help them talk to a teacher or an adult they trust.

Start Telling Other People

WHAT SHOULD I DO I AM BEING BULLIED?

If you are being bullied it is important to **tell someone you trust**. Tell an adult or friend, either at school or at home.

If you have already told someone about bullying and you don't feel it has been sorted out, make sure you speak out again. This may be to the same person or to someone else.

IF YOU OR SOMEONE YOU KNOW IS BEING BULLIED, YOU CAN:

1. Tell a teacher – your class teacher or any other teacher in school.
2. Tell a friend you trust.
3. Tell any other adult in school – such as Designated Safeguarding Lead, Teaching Assistants, Midday Supervisors or ELSAs.
4. Tell an adult at home
5. Write a note about the bullying in your class worry monster.
6. Call ChildLine at any time for free on **0800 1111** who will listen to you and give you advice.

