

Definition of 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.”

Anti-Bullying Alliance 2016

Bullying is NOT accepted in our school.

What to do if you feel you are being bullied:

- ☞ Tell someone— a parent, form tutor, progress leader, nurse, Chaplain, Student Support, or member of staff who will take what you say seriously.
- ☞ Walk away with confidence, trying not to show you are upset.
- ☞ Do not retaliate, this often can make things worse
- ☞ If the bullying is online via Social Media click ‘report abuse’, block the sender, keep any messages, screen shots to show an adult
- ☞ Keep a record of what has happened and what has been said
- ☞ You can report bullying by using the STOP email or by putting a message in the STOP box outside the Chapel.
- ☞ Spend time with people who make you feel good about yourself

If you see someone is being bullied or having problems

- ☞ Tell a member of staff straight away
- ☞ If possible take action— show you disapprove
- ☞ Support the student in distress.



Several
Times
On
Purpose

All Different

All Equal

#ANTIBULLYINGWEEK

All Different

All Equal

RESPECT

