



IF YOU ARE BEING BULLIED:

DO ...

- Use eye contact and tell them to go away
- Ignore them
- Walk away
- Act as though you don't care what they say or do
- Remember it is NOT your fault and you are NOT alone
- **Tell someone**



DON'T ...



- Do what they say
- Look upset or cry
- Get angry
- Hit them



WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?

- Don't walk away and ignore the bullying.
- Let the bully know what is happening.
- Tell the bully to **S.T.O.P.** if it is safe to do so.
- Don't stay silent or the bullying will keep happening.

OUR AIMS



- We will all work together to **S.T.O.P.** bullying.
- We want our school to make everyone feel safe and happy. Bullying can make people feel frightened and unhappy.
- To deal with bullying in school we will help everyone:
 - ⇒ to get on well together
 - ⇒ respect and understand each other
 - ⇒ to believe that everyone has the right to be who they are



STUDENT FRIENDLY

ANTI-BULLYING POLICY





SCHOOL ANTI-BULLYING POLICY

WHAT BULLYING IS

Welland Park Academy uses the Anti-Bullying Alliance's definition of bullying:

- Bullying is **repetitive**—the bullying happens more than once.
- Bullying is **intentional**—the bully does it on purpose.
- Bullying is the **hurting** of a person or group by another person or group—there can be many bullies or just one, and there can be many people being bullied or just one.
- Bullying involves an **imbalance of power**—the bully (or bullies) and the victim (or victims) have different amounts of power. This can be physical strength, but it can also be another kind of power; for example, how popular they are.

Bullying can happen face to face or online.



TYPES OF BULLYING

Emotional bullying— Hurting someone mentally, e.g. isolating on purpose / teasing.

Verbal bullying— Bullying with words, e.g. name-calling, using taunts or slurs.

Physical bullying— Bullying with violent actions, e.g. hitting, pushing, tripping up.

Cyber/Online — posting on social media, sharing photos, sending nasty text messages, social exclusion

Racism — Bullying someone because of their race, their skin colour, where they come from, and so on.

Sexual Harassment — Unwanted sexual physical contact or sexual comments.

Homophobia and **Biphobia** — discrimination or bullying because of sexual orientation.

Transphobia — bullying because someone has a gender identity or expression different from their assigned sex.

Ableism — discrimination against/bullying because of a disability.

Classism — discrimination because of social class, e.g. because someone is richer or poorer. Bullying based on someone's **home structure** — e.g. because someone is in foster care.

WHAT THE SCHOOL MUST DO TO HELP

At Welland Park Academy, we are committed to providing a caring, friendly and safe environment for all students so that they can learn in a relaxed and secure atmosphere.

- Bullying of any kind is **NOT** ok at Welland Park.
- If bullying does occur, students should be able to tell staff and know that it will be dealt with quickly and effectively.

Responsibilities of staff

- To watch for signs of distress in students, in case they are being bullied
- To **not** ignore bullying
- To take all bullying seriously
- To support the victims of bullying
- To report bullying to the Progress Leader or Form Tutor
- To follow up bullying incidents later by checking that the victim is still ok
- To promote this policy, and show it to students