



St. Anne's Catholic Voluntary Academy

Child-friendly Anti-Bullying Policy

Stop bullying now, instead of later!

We all take bullying seriously at St. Anne's Catholic Voluntary Academy. We want everyone to be happy and to feel safe in our school. We will help you learn about bullying and what it is all about, so you can stop it if you see it happening.

What is bullying?

Bullying is when a group or just one person hurts you in different ways over and over again.

Normally, the bully has more power over you.

Bullying can be:

- Emotional: Hurting other people's feeling, leaving you out
- Physical: punching, kicking, sitting, pushing
- Verbal: being teased, calling people names
- Cyber: saying mean things online. Remember just because you can't see their face doesn't mean you have the right to bully!
- Racist: bullying someone because of their skin colour
- Belief: bullying someone because of what they believe in e.g., religion
- Sexist: bullying someone because of their gender-that means boy or girl

WHAT TO DO:

- ❖ Find a member of staff, they will be able to help
- ❖ Walking away is a way to ignore them
- ❖ Talk to someone you trust
- ❖ TELL SOMEONE – e.g., anti-stigma ambassadors, teachers

DON'T:

- ❖ Do what the bully says
- ❖ Get upset- ignore them
- ❖ Think that it's your fault
- ❖ Hide the problem



be a friend

What should I do if someone I know is getting bullied?

- Tell an adult straight away.
- Don't be a by-stander. Remember if you laugh or do nothing, you are supporting the bully.
- Don't stay silent or the bully will keep bullying!



*By Esme Thomson and Ben Fletcher-
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