

Anti Bullying

for the pupils of St Clare's

What is bullying?

- ⇒ Repetitive
- ⇒ Intentional hurting of one person or group by another person or group.
- ⇒ Repeated over a period of time.
- ⇒ An imbalance of power.
- ⇒ Bullying can often be aimed at certain groups for example because of race, religion, gender or sex.

What might bullying look like?

- * Physical (e.g. hitting, kicking, theft),
- * Verbal (e.g. name calling, teasing, making threats, racist remarks, gender remarks)
- * Indirect (e.g. spreading rumours, excluding someone from social groups).
- * Cyberbullying - bullying via mobile phone or online (for example email, social networks and instant messenger)

What should I do if me or my friends feel that we are being bullied?

Tell an adult, a friend or someone you trust as this is not ok.

What will happen next?

- A member of the school staff will chat to you to find out what has happened and make sure that you are listened to and feel safe.
- We will gather views of others around to ensure that we have all details.
- We will speak to all persons involved using a reflective approach.
- If bullying has taken place we will involve parents and carers.
- Ultimately, we want to get to the root of the behaviour and to stop any further instances.

Our message in school is that **BULLYING** is not ok.

