

ST THOMAS' CATHOLIC VOLUNTARY ACADEMY

O Lord, Bless our school,
That working together and playing together,
We may learn to serve you, And to serve one another.



*Child-Friendly Anti-Bullying Policy:
We Can and We Will Feel Safe and
Happy at School*



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Catholic Multi Academy Trust

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Feeling safe and happy at school

At St Thomas', we want to make sure that you feel looked after, safe and happy when you are in and out of school.

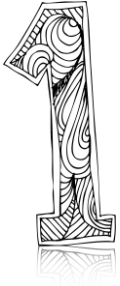
Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.





What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, harm or upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated** on purpose and is meant to **upset** someone.



Types of bullying

Bullying can be different things and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **sexist**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Cyber bullying involves sending horrid messages over the internet through social media or by a message such as texts, Snapchat and WhatsApp.

Bullying can be done through **another person**, by one person sending another person to say nasty things.





What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop** and then go and **TELL**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell a grown-up, such as your parent, carer or teacher.

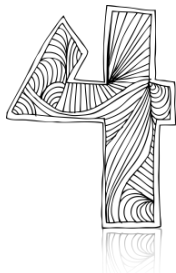
You should try **not** to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or physically hurt them.



Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**. Take a friend with you if that helps.



What should I do if I see someone else being bullied?

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

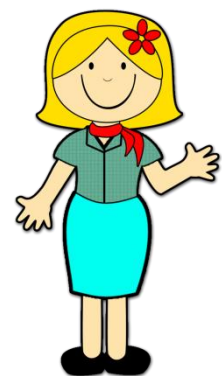
If you can, and it is **safe**, ask the bully to **stop**, but never get angry or physically hurt them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

Try to be a friend to the person being bullied





Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.

Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.



The list below shows the **grown-ups** at our **school** that you can speak to as well as your **class teacher** or **any other adult you feel comfortable with**:



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Always treating others like we'd like to be treated ourselves
- Thinking about our 5 Gospel Values – Love, Friendship, Respect, Honesty, Forgiveness
- Thinking about people's **feelings** before we say or do something.
- Taking part in **PSHE, assemblies** and **anti-bullying week**.

