

# Bredon Hill Academy



## Anti-Bullying Information for Students

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## Feeling safe and happy at school

At **Bredon Hill Academy**, 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. Reporting a worry or concern is easy. In school we have a worry box, located by the medical room, where you can place a card or note inside if you would like to talk to someone.

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.
- **Giving** you the names of people or organisations you can turn to for help.





## What is bullying?

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

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

**S**everal  
**T**imes  
**O**n  
**P**urpose

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 **homophobic**.

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

**Homophobic** means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

**Sexist** means bullying someone because of their sex (whether they are a boy or a girl).

**Cyber bullying** involves sending horrid messages over the internet or by text message.

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





## What should I do if I am being bullied?

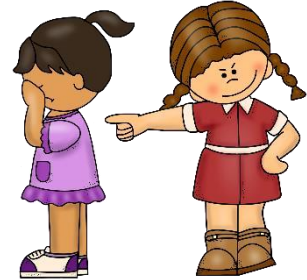
If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully and walk away.
- Tell an adult, such as your parent, carer or teacher.
- Place a card in the worry box and a member of staff will talk to you.

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.
- **Keep** it to yourself



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 an adult, we can **make the bullying stop**.



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

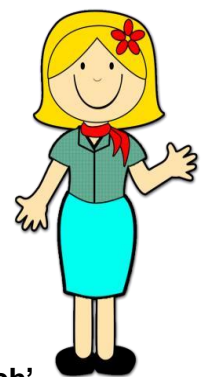
If you see someone else being bullied, it is important that you **help** that person.

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**, tell the bully to **stop**, but never get angry or hit them.

**Tell an adult**, such as a teacher, as soon as you've seen someone being bullied.

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



### Snitch

*Verb:* **Inform on someone**

"she **snitched** on me and told the teacher about me missing the bus

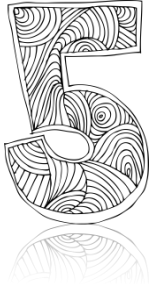
*Noun:* **An informer**

"they thought he was a **snitch**"

We are fully aware you may be scared to tell a teacher through fear of being called '**a snitch**'.

We will always listen to your wishes and try to be as careful as we can to prevent people from finding out that you have told a teacher.

We will never do anything without your permission.



## 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 **parents, carer, teacher or someone you can trust** will mean that we can make sure the **bullying stops** and doesn't happen again.



At **Bredon Hill Academy** we like to think that you can speak to **ANY** adult in school. However, a good place to start would be your **form tutor** or **year leader**.

If you or someone you know is experiencing **cyberbullying** you must tell your **parent, carer** or and **adult you can trust**.

However, you must remember that you have to be **13 years old** to have an online social media account! (16 years old for What's App!)



## 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.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- **Reporting** any bullying to an adult.
- **Do not** post nasty things online.

If you feel that there is no one you can turn to you could try calling one of the following **helplines**:

