

SEC Children's Anti-Bullying Policy

'Hand in hand with Jesus Christ, we live, love and learn together'

Our school is a place where everyone shows love for Jesus through being kind and compassionate to all around us. In our school, everyone has the right to be themselves and we celebrate that we are all different. It's a place where everyone can feel safe, be happy and learn. Our school does not tolerate bullying.

At SEC, we Work Hard, BE KIND & SHOW RESPECT

What is bullying?

Bullying is when a person is hurtful or unkind to someone else on purpose and more than once. Bullying can be done by one person or by a group of people. A useful way to remember bullying is using the word 'STOP':

Several Times On Purpose.



Bullying could be:

- Hitting or hurting someone
- Making threats
- Calling names, teasing or using rude language
- Sending hurtful or unkind messages on the internet
- Stealing or damaging someone's property
- Excluding someone purposefully
- Ignoring people and encouraging others to do the same
- Not allowing others to speak
- Spreading rumours about people.

Bullying at our school could happen because of someone's **protected characteristics**.



Why does bullying happen?

Whilst we do not tolerate bullying at our school, it might still happen. Children who bully can be older, younger, bigger or smaller than you. Children often bully people because they are different in some way. They try to make them feel bad about themselves. **If you are being bullied, remember that it is never your fault.** The bully may also feel angry and confused and may need some help.

What should I do if I think someone is being bullied?

At SEC, we also use the acronym **STOP** to remind us to: **Start Telling Other People**

In our school **we all take responsibility in keeping each other safe.** It is never okay to see someone being bullied and do nothing (being a bystander). You can tell people to stop (become a defender) or you can tell an adult about what has happened. If you think someone is being bullied then talk to the person, ask if they're okay and tell a teacher or a trusted adult.

What should I do if I'm being bullied?

If you are being bullied it is important to **tell someone you trust.** Tell an adult, either at school or at home. If you have already told someone about bullying and you don't feel it has been sorted out, make sure you speak out again. This may be to the same person or to someone else.



If you, or someone you know, is being bullied you can:

1. Tell a trusted adult – this could be your teacher or any adult in school
2. Tell your parent(s)/carer(s)
3. Tell a friend
4. Write a note about the bullying in your class worry jar/monster
5. Call ChildLine on 0800 1111 at any time for free who will listen to you and give you advice.