

Pupil Friendly Anti-Bullying Policy

Everyone in our school community must feel safe and know what to do if they don't. Achieving the Anti-Bullying Policy is down to everyone in our school, including **YOU**.

WHAT IS BULLYING?

Bullying...

- deliberately threatens someone's health, safety or well-being
- deliberately causes someone distress
- is intentional (not an accident)
- is repetitive
- can be done by one person or a group of people
- can happen online
- is not an argument with a friend
- is not a one-off fight or comment
- isn't not wanting to be friends with someone



IF YOU HAVE CONCERNS

Do...

- try to tell the bully to stop
- tell a trusted adult or a friend
- speak to your Form Tutor
- speak to your Pastoral Manager or Head of Learning
- Email noroomforhate@stm.srscmat.co.uk

Don't...

- copy the behaviour of the bully
- do it back to them
- join in with the bullying behaviour
- stand by and do nothing

DO TO OTHERS AS YOU WOULD HAVE THEM DO TO YOU.

-LUKE 6:31 (NIV)



STM School procedure

- Form tutor or pastoral team will investigate and record the incident
- Where incidents are proven, all parents will be told and asked to support any action taken by the school

Cyber Bullying Prevention at STM

- Mobile phones must be switched off
- Mobile phones must not be seen or heard anywhere on school site
- Pupil internet access is supervised
- E-safety education in Computing and PSHE

THE MAIN TYPES OF BULLYING

Physical bullying



- Hitting, smacking, kicking, pinching, punching, spitting, tripping, pushing, blocking
- Stealing or destroying someone's possessions
- Making mean or rude hand gestures
- Touching in unwanted or inappropriate ways

Verbal bullying



- Name calling
- Insults
- Intimidation
- Sexual, gender-related, homophobic or racist remarks
- Taunting
- Threatening to cause harm

Social bullying



- Lying or spreading rumours
- Leaving someone out on purpose
- Telling others not to be friends with someone
- Embarrassing someone in public
- Damaging someone's social reputation or relationships

Cyber bullying



- Posting and/or sending hurtful texts, posts, images or videos
- Making online threats
- Imitating others online or using their log-in
- Deliberately excluding others online
- Spreading nasty gossip or rumours online

Sexual bullying



- Inappropriate sexual comments
- Touching in unwanted or inappropriate ways
- Making rude hand gestures