



Summerhill Academy Child friendly anti-bullying policy

What we think about being safe and feeling safe at our school:

Our school is a place where everyone has the right to be themselves. It's a place where everyone can feel safe, be happy and learn. Everyone at our school is included and acts with respect and kindness towards each other. Our school takes bullying very seriously.

What is bullying?

Bullying is:

When a person is **hurtful or unkind** to someone else **on purpose** and **more than once**.

There may be an imbalance of power, which is when the person bullying has more physical or social power than the child or children being bullied.

Bullying can be done by one person or a group of people.



Bullying can be:

- Hitting or saying you're going to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

Bullying can be about:

- Race or ethnicity (racist bullying)
- Religion or belief
- Family or culture
- Sexist bullying
- Homophobic or biphobic bullying
- Transphobic bullying
- Special educational needs or disability bullying
- What someone looks like

- Where someone lives or who they live with

If someone is being **hurtful or unkind to you several times on purpose**, for whatever reason, whether it is about you or your family or friends, **that is bullying**.

Why does bullying happen?

Although bullying doesn't happen very much in our school, it might happen. Pupils who bully can be older, younger, bigger or smaller than you. Pupils who bully pick on people who may be different in some way and try to make them feel worse about themselves. People who bully may:

- feel powerless
- have low self-esteem, which means that they don't feel good about themselves
- be trying to get admiration and attention from friends
- fear being left out if they don't join in
- not understand how someone else is feeling
- be taking out their angry feelings
- live somewhere where aggression and bullying is part of normal everyday life
- be being bullied themselves

If you are being bullied, remember that it is never your fault.

Where does bullying happen?

Bullying can happen at school, outside of the school day and online.

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

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 ask if you can help them talk to a teacher or an adult they trust.

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 or friend, either at school or at home.

If you have already told an adult about bullying you can still tell them again.

You can:

- **Tell a teacher – your class teacher or any other teacher**
- **Tell a friend you trust**

- **Tell any other adult staff in school – such as Teaching Assistants, SMSAs or the school office**
- **Tell an adult at home**
- **You can also write a note about the bullying in your class Chatterbox**
- **You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone about what you have said.**

If you tell a teacher or adult at school they will be able to help you. They will tell our Principal or a member of the SLT and your parent or carer so that they can help you.

Telling an adult will never make bullying worse. They will talk to you and the people bullying to find ways to stop the bullying and keep you safe.

IF YOU'RE BEING BULLIED



**Tell
someone
you trust**



**Keep a
record of
what's
happening**



**Don't
retaliate**



**Surround
yourself
with people
that make
you feel**



**Don't blame
yourself – it
is NOT your
fault**



**Be proud
of who
you are**

