



*Eaton Park Academy*  
*Child-Friendly Anti-Bullying*  
*Policy*

At Eaton Park Academy, we want to make sure that you feel safe, happy and cared for both in and out of school. Remember, sometimes we don't know if something bad is happening, so it is important to tell someone about how you are feeling. If you want to, you can always use our online worry box to share how you are feeling through our website. In this document you will find out all about what bullying is, what to do if you are being bullied or if you know that someone else is being bullied.

### We can help you by:

- Helping you to know what bullying is
- Sharing what you should do if you feel like you are being bullied, or if someone else is being bullied
- Teaching you who you can go to if you need someone to talk to
- Being there to support you to make things better

### What is bullying?

A bully is someone who hurts or scares someone more than once by making someone feel scared, hurt or upset.

Our academy definition of bullying is:

Bullying is hurting someone physically or emotionally Several Times On Purpose – STOP Bullying!

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



Remember – sometimes we fall out with our friends or have an argument, but that doesn't mean that it is bullying.

Bullying is **repeated** behaviour.

### Types of Bullying:

Type of Bullying	What it means.	Examples.
Physical	This is where you use your hands or feet to hurt someone else	Hitting, kicking, tripping up, pinching, pushing or damaging property
Verbal	This is where you tease someone by calling them names or by saying unkind things. These things can sometimes be homophobic, racist or sexist.	Name calling, insults, teasing, 'jokes', mocking, taunting, gossiping, secrets and threats.
Non-Verbal	This is where you intimidate someone by not touching them or saying anything.	Staring, body language, gestures, posturing.

Homophobic	This means bullying someone because they are gay or because of their sexuality.	Using the phrase 'gay' or calling someone a lesbian
Sexist	This is where you treat someone differently because they are a different sex to you.	Saying 'don't be such a girl' or 'man up' are ways of being sexist towards someone else
Racist	This means bullying someone based on their skin colour, their race or what they believe in.	Using inappropriate language linked to culture or skin colour or treating someone differently because they look different or because they have a different religion
Indirect	This is where someone is left out or where rumours are spread about someone	Excluding / leaving people out, spreading rumours and stories, emails, chat rooms, messaging phones, notes, making rude gestures or faces.
Cyber-bullying	This is where unkind behaviour happens online via a screen.	Any of the actions above completed through a digital device e.g. mobile phones, computers and tablets.

### **What should I do if I'm being bullied?**

The first thing you should always do is tell the bully to STOP.

You can also try:

- Walking away
- Tell the bully to leave you alone
- Ignore the bully
- Tell a grown up like a parent or a teacher



You should **not**:

- Do what the bully tells you to do
- Let the bully hurt or upset you
- Get angry or hurt the bully

Remember – it is not your fault if you are being bullied. Don't be afraid to talk to someone if you feel unsafe. If you talk to someone, they can help to make the bullying stop.

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

If you see someone else being bullied, you should try your best to help that person. Don't walk away and ignore it because the behaviour will only continue, and you will be a **bystander** (a person who allows bullying to happen and does nothing about it).

Try to:

- Tell the bully to stop
- Keep calm



Always:

- Tell a grown up, such as a teacher or a parent

If you talk to someone, they can help the person being bullied to feel safe and help to make the bullying stop. Don't feel scared because you are doing the right thing.

### **Who can I talk to?**

It is important that you tell someone as soon as you are being bullied so that you can get some help, or if you know someone is being bullied. Talking to a grown up means that we can help to make sure that the bullying will stop and never happens again.

Here is a list of adults you can speak to in school:

- Miss Hickton
- Mrs Bell
- Any trusted adult at home
- Any adult in school



### **How can I help to prevent bullying at Eaton Park Academy?**

We can all play a part in stopping bullying from happening by:

- Making sure we stick to the school rules
- Helping others, even those who are not our friends
- Being kind, considerate and a good friend
- Being respectful of everyone
- Thinking about other people's feelings before we say or do something
- Being a good role model
- Taking part in anti-bullying week
- Being engaged in assemblies

