

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!

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

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

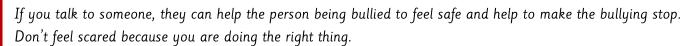


Try to:

- Tell the bully to stop
- Keep calm

Always:

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



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





