



St Mary's Catholic Voluntary Academy Child-friendly Anti-Bullying Policy

Our Mission

At St Mary's, our vision statement is, 'We live and learn by journeying with Jesus for the greater glory of God.' We aim to be like Jesus in every way and especially in how we celebrate that everyone is unique and created in the image of God.

BULLYING - what is it?

Bullying is the behaviour of one person or a group of people, again and again to deliberately hurt someone else on purpose. It can hurt people physically or emotionally.

Bullying happens -

Several

Times

On

Purpose



Bullying can be:

Emotional- Hurting feelings and leaving people out.

Physical- hitting, kicking, pushing, poking, punching, tripping over, spitting, biting and taking or spoiling belongings.

Verbal- derogatory language-calling names, making fun, talking behind someone's back, telling lies about somebody, any discrimination or hate language.

Non-verbal - staring, laughing and pointing, making someone feel uncomfortable.

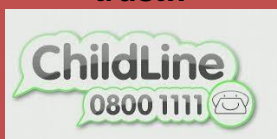
Cyber- using a device to send nasty and hurtful messages or images, posting things without permission, giving out personal information and leaving people out.

Written- Hurtful messages or graffiti.



Who can help?

parents siblings grandparents friends teachers teaching
assistants office staff dinner staff cleaners... every adult you
trust!!



If you are being bullied...

DO 😊	DON'T ☹️
Ask them to stop Tell them to go away Tell them it is NOT ok Take deep breaths and walk away Speak Out! Share your worries Tell an adult that you trust Tell a friend that you trust Remember YOU are important	Believe what they say Let it affect you Feel pressurised or think it is your fault Do it back to them or somebody else Keep it to yourself

If you see someone being bullied...

DO 😊	DON'T ☹️
Ask them to stop Tell an adult yourself Stand up for other Make sure the person being bullied is ok Be a caring friend	Be a bystander Join in Laugh Try to sort it out yourself Be scared Encourage them

What will happen at St Mary's?

The person being bullied will be helped to feel safe. Mr Nish or Miss Poole will talk to everyone involved, including parents and other teachers. Consequences will be given to children involved.

Why?

St Mary's is a place where everyone can feel safe, happy and accepted for exactly who they are. Everyone will work together to **STOP** bullying. At St. Mary's, there is zero tolerance for bullying and in our school we:

- **Know bullying is a choice**
- **Change our reactions and choose to act**
- **Notice and report bullying behaviour**

