



Our Lady's Catholic College

Anti-Bullying Policy

Student Version

Aspire
not to
have more
but to be
more...

Our School

We are a happy school that lives by the Gospel values of **compassion, forgiveness, justice, non-violence, honesty, simplicity and hope**. We are a school where **we are kind to each other**.

We are a school **proud to celebrate our differences**. We are a school where **bullying is never acceptable**. **We all have a right to be treated equally, without threat, negativity, racist, sexist, homophobic or other hurtful language.**



Being part of a group who are bullying **even if you do not say or do anything** means you are still **associated with bullying**

What is Bullying?

The repetitive, intentional hurting of one person or group by another person or group.

Bullying can take many forms.

It can happen face-to-face or online.

Normally for a situation to be bullying, it will have happened:

Several Times On Purpose **STOP!**

Types of Bullying

Physical: Hitting, kicking, smacking, pushing, spitting, throwing, any physical contact that is harmful.

Verbal: Calling names, sexist comments, threats, offensive remarks, insults due to disability, appearance, race, sexuality or gender whether wrongly thought of as 'banter' or direct insult. Any comment intended to hurt feelings or offend.

Indirect: Spreading unkind/nasty stories, isolating someone from a group, putting pressure to do something or not do something.

Cyber: Sending unkind/nasty messages, posts, emails, supporting these with 'likes', 'forwarding on', 'screenshots'

What should you do if you are the target of bullying or know someone who is being bullied?



Act quickly and report bullying to:

- Your Form Tutor
- Your Pastoral Support Officer (PSO)
- Your Progress Leader
- Any of your teachers or other staff
- Using our new website under:
'SAFEGUARDING'
'REPORT A CONCERN – PUPILS'
'REPORT A CONCERN – PARENTS'
- Student Wellbeing Ambassadors
- Year 11 Prefects

Parents or carers can also report for you.

You will be listened to, we will take action and we will protect you from further bullying.

Do not respond to bullying!

- ! Do not retaliate
- ! Do not reply to messages
- ! Do not forward messages on except to a parent/carer or staff member
- ! Block individuals
- ! Take screenshots

Let us respond!

We will:

- Gather evidence and establish the facts
- Use restorative meetings, contact parents/carers
- Seek written/verbal apologies
- Withdraw privileges
- Use a bullying contract
- Set detentions or isolate in the unit

Exclude for a fixed term or even permanently!