

What can you do to help others?

You see someone else being bullied and do nothing, the bullies may think that you approve of what they are doing.

- Being a friend to someone who is being bullied can stop them feeling so alone
- Ensure they know someone cares and will get them help
- Pass it onto an adult such as the Head of Year or any teacher
- Join the school council and represent your views

Who to turn to for support

- Parents or Friends
- Anti-bullying survey
- Teachers or the inclusion team
- Kooth Online counselling Service

www.Kooth.com

- Samaritans 116 123
- Childline 0800 1111
- www.antibullying.net for more information and support

If you are concerned about the safety of any child in our school, you must report this to your Head of Year or Designated Safeguarding Lead – Mr Poddington

We will act to support you and care for you and get you the help you need.

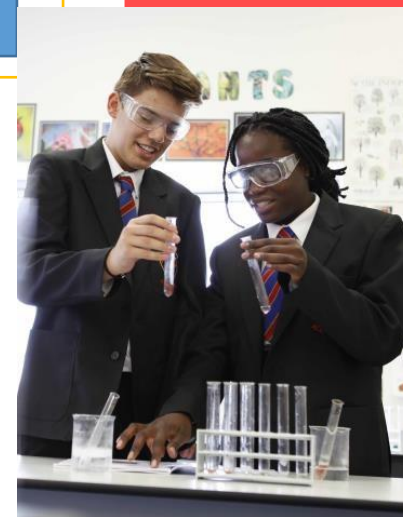
“One in Christ”



Guide to bullying

Nobody has the **right** to **hurt** other people by **hitting them, kicking them, calling** them names, **sending** them **threatening text messages, spreading rumors** about them, or by doing anything else which is **intended** to be **upsetting**.

If this is happening to **you**, tell yourself that it is **not your fault** and that it is the people who are **bullying** who **need to change, not you**.



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Signs that a student may be in need

- Mood change
- They distance themselves from others or may appear withdrawn
- Short tempered when speaking with others
- Bully others
- Low self esteem

What will happen once it passed on

- We will reassure it's not their fault
- Investigate the incident
- Stop any further bullying
- Carry out restorative justice
- Educate all against bullying
- Behavior sanctions if needed
- Contact parents
- Mentoring support

Our Ethos in practice

We embody the ethos of Christ in our actions, we show each other love and respect and protect each other from harm.

Respect - We respect every person's innate human dignity as we are all created in the image and likeness of God and as such, we are one in Christ

Understanding - We understand that we achieve our best when we work together. We understand each other's rights to human liberty and democracy.

Affection - We show one another affection by treating each other in the way we would like to be treated

Humour - We work on managing our emotions and we are considerate about how we make others feel

What Do I do if a friend discloses, they are being bullied?

React calmly

Listen carefully particularly to what is said

Reassure them that they have done nothing wrong

Pass on the information on to an adult for support.

Check in on them when you can



