

Christ the King Catholic Voluntary Academy



Child-Friendly Anti-Bullying Policy:
Feeling Safe and Happy at School

Our Mission

'Christ the King welcomes everyone in our community as we share the joys of our Faith. We worship, learn and play together in the love of Jesus, helping one another to develop the talents given to us by God.'

Jesus taught us to "love each other as I have loved you". Our Gospel values focus our attention on that commandment. At Christ the King, we integrate the Gospel values and the teachings of the Catholic Church into every aspect of learning, teaching and the life of our school community.

We recognise that for the children to fulfil their potential, the Gospel values need to be explicitly named, defined, modelled and for all pupils to be supported to understand how they relate to their lives both at school, at home and in society. At Christ the King, this enterprise is not in addition to the quest for academic success and high standards of behaviour but integral to it.

School Motto

'Believe and Achieve'

Contents

[Feeling safe and happy at school](#)

1. [What is bullying?](#)
2. [Types of bullying](#)
3. [What should I do if I am being bullied?](#)
4. [What should I do if I see someone else being bullied?](#)
5. [Who can I talk to?](#)
6. [How can I help stop bullying from happening?](#)

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Feeling safe and happy at school

At Christ the King CVA, we want to make sure that you feel looked after, safe and happy when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us.

This policy looks at bullying, and what you can do when you feel you are being bullied, or when you notice someone else being bullied.

We can help you by:

- Helping you to know what bullying is.
- Teaching you what to do if you feel like you are being bullied, or if someone else is being bullied.
- Telling you names of grown-ups that you can speak to.





What is bullying?

A bully is someone who **hurts** another person **more than once**, by using behaviour which is meant to **scare, hurt** or **upset** that person.

At our school, we use the word '**STOP**' to identify bullying:

Several
Times
On
Purpose

It is important to remember that **single problems** and **falling out with friends** are **not bullying**.

Bullying is behaviour which is **repeated** on purpose and is meant to **upset** someone.



Types of bullying

Bullying can be different things, and isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting, pushing someone, or any physical harm to another person.

Verbal bullying is teasing someone, calling them names or using hand signs. People can also use verbal bullying to be **racist** or **homophobic**.

Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Cyber bullying involves sending horrid messages, photos or videos over the internet or by text message.

Bullying can be done through **another person**, by one person asking another person to say nasty things.





What should I do if I am being bullied?

If you are being bullied, the first thing you should do is tell the bully to **stop**.

You can also:

- Make eye contact and tell the bully to leave you alone.
- Ignore the bully, walk away and tell a grown up.
- The most important thing is to tell someone.

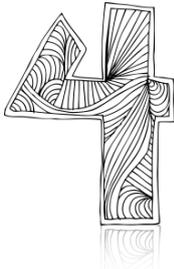
You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them, even though you may feel angry.



Always remember that if you are being bullied, it is **not your fault** and you are **never alone**.

You don't need to be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**.



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

If you see someone else being bullied, it is important that you **help** that person.

You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

If you can, and it is **safe**, tell the bully to **stop**, but never get angry or hit them.

Tell a grown-up, such as a teacher, as soon as you've seen someone being bullied.

Grown-ups can **stop the bullying** and make that person feel **happy** again.

You don't need to **feel scared** to tell someone about bullying.



At our school, we use the word '**STOP**' to remind us what we should do about bullying.

S tart
T elling
O ther
P eople



Who can I talk to?

It is important that you **tell someone** as soon as you are being bullied, or you notice someone else being bullied.



Speaking to someone like your **mum, dad, carer** or **teacher** will mean that we can make sure the **bullying stops** and doesn't happen again.

You can also speak to our wonderful Kindness Warriors if you are worried about yourself or anyone else being bullied and they will help you to tell a trusted grown up.

The list below shows the **grown-ups** at our **school** that you can speak to:

[Mrs Carter](#)

[Mrs Marshall or Mrs Glassford](#)

[Mrs Hansrani](#)

[Your Class Teacher or any other member of staff at our school](#)



How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Making sure we keep to the **rules** in this guide.
- **Helping others** when they are in need.
- Being **kind, friendly** and **respectful** to others.
- Thinking about people's **feelings** before we say or do something.
- Taking part in **Relationships Education** and **anti-bullying week**.
- Tell a trusted adult or Kindness Warrior if you are worried about bullying.

Remember the most important thing is to **SPEAK OUT** and tell someone.

