

Christ the King Catholic Voluntary Academy



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

School Motto

At Christ the King, our school motto is "BELIEVE AND ACHIEVE".

Our School Mission

Our Mission Statement calls every member of our school community to: "Believe and Achieve". For Christ the King, we Believe and Achieve by...

C - Caring for Each Other

- We show respect, kindness and compassion to everyone, especially those in need.
- We love one another as Jesus loved us
- We follow the Catholic social teaching principles.

T - Trying Our Best

- We use our God-given gifts and talents with courage, resilience and perseverance.
- We develop virtue and knowledge.
- We believe that every member of our school community is blessed with a special mission.

K - Knowing and Loving God

- We grow in faith and strengthen our friendship with Jesus.
- We become holy through prayer, scripture and the sacraments.
- We are guided by the new commandment given to us by Jesus - **"Love one another as I have loved you."** John 13:34



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?](#)

Approved by:

Mrs A Carter

Headteacher

Date: September 2026

Mr M Rosa

Chair of Governors

Date: September 2026

Date of next review: September 2028

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.

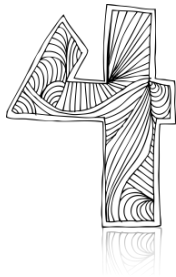
You should try not to:

- **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.

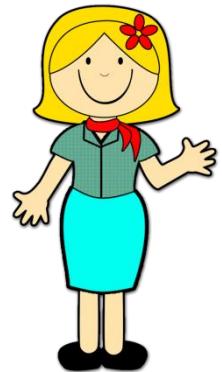
You should **never walk away** and **ignore** the bullying if you see someone else being bullied, because the bully will keep on upsetting that person.

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 Valente or Mrs Glassford

Mrs Hansrani or Mrs Henshaw

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.

