## **Anti-bullying**

Our school is committed to providing a caring and safe environment for all of its pupils. Any form or type of bullying is totally unacceptable.

## What Is Bullying?

Bullying is defined as deliberately hurtful behaviour, repeated over a period of time, where it is difficult for those being bullied to defend them.

The four main types of bullying are:

- Physical (hitting, kicking, theft)
- Verbal oral or written (name calling, racist and sexist remarks/harassment, disability harassment, homophobic harassment)
- Indirect (spreading rumours, excluding someone from social groups, including exclusion on the grounds of gender, race or disability)
- Cyber-bullying sending bullying messages by text, phone calls, video-clips, email; using Facebook, Twitter or websites to spread rumours or to make unpleasant comments

Guidance is provided for all students and parents as part of induction in the parent carer handbook, assemblies and in the student planner and on information posters around the school about the risks and what to do if they are a victim of bullying. Parents and students may find the following guidance useful around the risks and prevention of bullying:

- www.childline.org.uk/Pages/Home.aspx
- www.bullying.co.uk
- www.anti-bullyingalliance.org.uk
- www.antibullyingweek.co.uk