



St. John Vianney

Anti-bullying policy



This policy has been produced with our Anti-bullying Ambassadors in Autumn term 2022.

What are our school rules?

We are:

- Ready
- Respectful
- Safe

What should I do if I am being bullied?

- Tell a teacher
- Tell your parent/carer
- Tell the bully to stop
- Speak to an Anti-bullying Ambassador.
- Don't keep it to yourself!
- Tell the bully that what they are doing hurts your feelings
- Remind the bully what the school rules are
- Walk away from the situation

What if I think I am a bully?

- Tell a teacher
- Say sorry and try to make friends
- Ask for help
- Think about why you have hurt someone else's feelings
- Go to a place to calm down then speak to an anti-bullying ambassador.123

What is bullying?

Bullying is the repeated, deliberate hurting of one person or group by another person or group when there is an imbalance of power.

Types of bullying-

Physical-

Hitting, kicking, pushing

Verbal-

Name calling, making fun of others

Emotional-

Leaving someone out, hurting someone's feelings

Cyber-

Sending mean messages online, pretending to be someone else online

What should we do if we see someone being bullied?

- Tell a teacher
- Try to resolve it.
- Remind others of the school rules
- Try and cheer up your peer and make sure they are calm.

