

Student's Anti-bullying policy

Epinay School wants everyone to be happy, confident learners prepared for adulthood. We believe every student should feel safe, secure and valued, they should be themselves, we must treat each other with respect and kindness.

We will not accept bullying in our school.

What is bullying?

Bullying is doing something that is hurtful or unkind to someone else, repeated on purpose and meant to upset someone. It can be by one person, or a group of people. We can remember this by:

**Bullying: STOP
Several
Times
On
Purpose**



Types of bullying:

- **Physical**- Hitting, punching, kicking, spitting or pushing someone or saying you are going to hurt someone.
- **Verbal**- Touching someone when they don't want you to.
- **Emotional**- Calling someone names or saying something nasty to you or about you or ignoring someone and leaving them out.
- **Cyber**- Hurtful or unkind text, email or social media posts.
- **Racist, homophobic or sexist**- Comments about someone's race, skin colour, gender or sexuality.

If you are being bullied, tell them to STOP!

What can you do if you are being bullied or see someone being bullied?

1. Tell any member of staff in school.
2. Tell a friend you trust.
3. Tell an adult at home.
4. You can call **Childline** at any time on: **0800 1111**. It is **FREE** and they will not tell anyone what you have said.