

St. James the Great Anti- Bullying Policy



What is Bullying?

People doing nasty or unkind things to you on purpose, more than once, which it is difficult to stop.

St James the Great School does **NOT** tolerate bullying. This is what we do about bullying:

- ✓ make sure that the person being bullied is safe
- ✓ work to stop the bullying happening again
- ✓ provide support to the person being bullied.

If you feel you are being bullied:

- ✓ try to stay calm and look as confident as you can
- ✓ be firm and clear — look them in the eye and tell them to stop
- ✓ get away from the situation as quickly as possible
- ✓ tell an adult what has happened straight away or, if you do not feel comfortable telling an adult, tell another pupil.

If you have been bullied:

- ✓ tell a teacher or another adult in your school
- ✓ tell your family
- ✓ if you are scared to tell a teacher or an adult on your own, ask a friend to go with you
- ✓ keep on speaking until someone listens and does something to stop the bullying
- ✓ don't blame yourself for what has happened.

When you are talking to an adult about bullying be clear about:

- ✓ what has happened to you
- ✓ how often it has happened
- ✓ who was involved
- ✓ who saw what was happening
- ✓ where it happened
- ✓ what you have done about it already.



If you find it difficult to talk to anyone at school or at home, ring ChildLine on **freephone 0800 1111**. This is a confidential helpline. If you are hard of hearing you can use the **textphone 0800 400 222**. You can also write to Freepost 1111, London N1 0BR. The phone-call and letter are free.