ENFIELD COUNTY SCHOOL FOR GIRLS
ANTI-BULLYING POLICY

Feeling safe and happy at school

Here at Enfield County School for Girls we want to make sure that you feel safe, happy and cared for 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 adults that you can speak to

① 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.



2 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, whispering about them, giving them horrible looks or stares or bossing them about.

Physical bullying is punching, kicking, spitting, hitting or pushing someone.

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 beliefs.

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 gender.

Cyber bullying involves sending horrid messages over the internet or by text message, being unkind in chat groups, making unkind comments on posts or images. Bullying can be done through another person, by one person sending another person to say nasty things, by gossiping about a person or by asking others not to be their friend.

Please remember: harassment, online bullying and bullying that is linked to prejudice such as race or sexuality may involve the police.



3 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 and walk away.
- Tell an adult, such as your parent, carer or teacher.



You should try not to:

- Do what the bully says.
- Let what the bully says or does upset you.
- Get verbally abusive or hit them.

Always remember that if you are being bullied it is not your fault and you are never alone. You shouldn't be scared to talk to someone if you are being bullied. If you talk to an adult we can make the bullying stop.



Kindness MATTERS

4 What should I do if I see someone else being bullied?

If you see another student 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 if it is safe, tell the bully to stop but never get angry or hit them. Tell an adult, such as a teacher, as soon as you've seen someone being bullied.

Adults can stop the bullying and make that person feel happy again. You should never feel scared to tell someone about bullying.

5 Who can I talk to?

It is important that you tell someone as soon as you are being bullied or if you notice someone else being bullied.



Speaking to someone like your parents or a family member, your carer or a teacher will mean that we can make sure the bullying stops and doesn't happen again.

The list below shows the adults at our school that you can speak to:



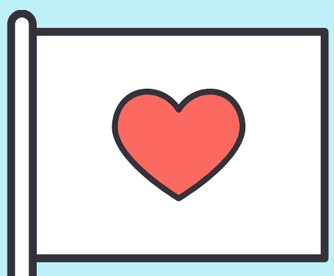
*** Your form teacher**

*** Your PAL**

*** The Safeguarding Lead, Ms Scott**

*** The Deputy Safeguarding Lead, Ms O'Brien**

*** Any teacher or member of staff that you feel comfortable talking to**



6 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 anti-bullying week or activities in PSHE or form time.