

## The Venerable Bede Academy Anti-Bullying Policy



All children have an absolute right to be educated in a safe and secure environment and to be protected from others who may wish to harm, degrade or abuse them.

### **What is bullying?**

Types of bullying include:

- verbal abuse, such as name calling and gossiping
- non-verbal abuse, such as hand signs or text messages
- emotional abuse, such as threatening or intimidating someone
- exclusion, such as ignoring or isolating someone
- undermining, by constantly criticising or spreading rumours
- racial or sexual bullying
- physical assaults, such as hitting and pushing
- online through social networking, or using mobile phones, also known as cyber bullying.

### **If you feel you are being bullied;**

Firstly, you must tell someone. A friend, a member of staff, your parents or carers, a bully buddy- anyone!

You could complete a bullying form from next to the school office. The box is checked daily.

Bully buddies are available at the HOY meeting room every break time.

### **External support can also be found at the following;**

ChildLine – phone for free on 0800 1111

Anti-Bullying Alliance

Cyber Mentors

Beat Bullying

BIG- the bullying intervention group.

Princess Diana Award- Anti-bullying ambassadors.