PHS Anti-Bullying Policy
Pupil Guide

What is bullying?

Bullying is "behaviour by an individual or a group, *repeated* over time that *intentionally* hurts another individual either *physically* or *emotionally*."

It is *harmful* for all of the individuals involved. It becomes the *focus* of a pupil's experience of daily life.

How do I report bullying?

Report incidents you *suffer* or *witness* to a *member of staff* you feel comfortable talking to. This will then be passed on to relevant members of staff.

If you think you are being bullied or think you have witnessed bullying you should *report* the incidents as soon as possible.

Students who suffer online bullying should save any *evidence* (text message, screenshots of online activity).

Students should *report* incidents to their *parents / carers.*

Types of bullying?

o Physical / verbal / emotional abuse.
o Threatening language / behaviour / gestures.
o Sexist / Racist language and harassment.
o Islamophobia
o Homophobia
o Discrimination against a member of the LGBTQ+ community
o Theft of money, personal possessions, or blackmail.
o Isolation / silent treatment.
o Spreading rumours or malicious gossip.
o Online bullying – using any form of technology
o Encouraging others to bully.
o Mocking achievement.

How do I cope with bullying?

o Don't try to deal with the bully alone.
o Speak to someone you trust.
o Try not to retaliate (react) inside school, outside school and online.
o Always report the incident to a member of staff.
o Always report the incident to your parent or carer.