



## **Bowden House School**

**Anti-Bullying Policy for  
Students: Feeling Safe  
and Happy at School**

# Contents

## Feeling safe and happy at school

1. What is bullying?
2. Types of bullying
3. What should I do if I am being bullied?
4. What should I do if I see someone else being bullied?
5. Who can I talk to?
6. How can I help stop bullying from happening?

Agreed by the schools governing body and minuted at their meeting.

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## Feeling safe and happy at school

At **Bowden House School**, we want to make sure that you feel looked after, safe and happy, when you are in and out of school.

Sometimes, we don't know, or we cannot see if something negative is happening, so you need to tell us.

Our school has a zero-tolerance approach to any form of bullying. We are responsible for your care and safety, and aware that as a residential student, being away from home may be an added difficulty if you feel that you are being bullied.

We are also aware that, as a residential student, you may not feel like you have the opportunity to create distance between you and the person targeting you. You, the victim, and the bully, might well be in the same class and the same residential group. Your Mentor, Keyworker, or a member of staff of your choice, will always be available to work with you and ensure that you are safe, able to have space from your bully, and that all school procedures are followed to stop any unwanted or bullying behaviour.

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.





## 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.



## 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, 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 bullying** means targeting someone because of their skin colour, race or beliefs.

**Homophobic bullying** means targeting someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

**Sexist** bullying means targeting someone because of their sex (whether they are a boy or a girl).

**Cyber bullying** involves sending hurtful messages over the internet or by text message.

Bullying can also happen through **another person**, by asking someone else to say nasty things.



## 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 a member of staff.

You should try not to:

- **Do** what the bully says.
- Let what the bully says or does **upset** you.
- Get **angry** or hit them.



Always remember that if you are being bullied, it is **not your fault**, and you are **never alone**.

Don't be scared to **talk to someone** if you are being bullied. If you talk to a member of staff, we can **make the bullying stop**.



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

If you see someone else being bullied, it is important that you **help** that person.

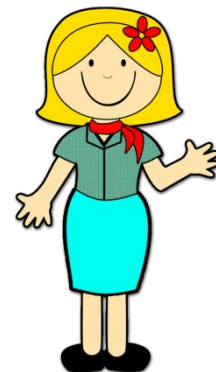
You should **never walk away** and **ignore** the bullying if you see someone else being targeted, because the bully will continue upsetting that person.

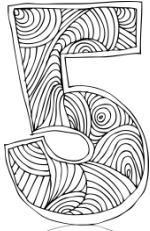
If you can and it is **safe**, tell the bully to **stop** but never get angry or hit them.

**Tell a member of staff** as soon as you've seen someone being bullied.

The staff team can **stop the bullying** and make that person feel **happy** again.

You should **never feel scared** to tell someone about bullying.

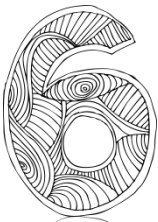




## Who can I talk to?

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 a member of the staff team will mean will ensure that the **bullying stops** and doesn't happen again.



## How can I help stop bullying from happening?

We can all help stop bullying at our school by:

- Following 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**.

