

Our Lady Queen of Peace
Catholic High School



Student-Friendly
Anti-Bullying Policy

Feeling Calm and Safe at School
2026-27

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Contents

Feeling calm and safe 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?

Feeling calm and safe at school

At Our Lady Queen of Peace, we want to make sure that you feel looked after, are calm and safe when you are in and out of school.

Sometimes we don't know if something bad is happening, so you need to tell us because bullying is never acceptable.

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 in school that you can speak to.





What is bullying?

A bully is someone who **hurts** another person **repeatedly**, 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 means bullying someone because of their skin colour, race or what they believe in.

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 sex (whether they are a boy or a girl).

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

Bullying can be done through **another person**, by one person asking another person to say nasty things.





What should I do if I am being bullied?

If you are being bullied - where you live, on your journey to school, while at school - the first thing you should do is tell the bully to **stop**.

- You can make eye contact and tell the bully to leave you alone.
- You can ignore the bully and walk away.
- You can tell an adult, such as your parent/guardian or teacher.

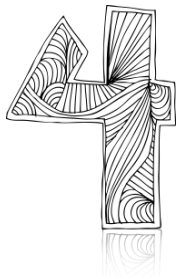
You should try not to:

- **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**.

You shouldn't be scared to **talk to someone** if you are being bullied. If you talk to a grown-up, we can **make the bullying stop**. You can also report bullying on our school website.



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 bullied, because the bully will keep on upsetting that person.

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

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 **safe** again.

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

Under UK law – the Equalities Act 2010 – everybody has the right to feel safe, especially protected and vulnerable groups of children who could be disabled, have special needs, who are, or are perceived to be LGBTQ, children targeted for race, religion, or because they are young carers or looked after, or targeted for appearance or for sexual reasons.



Who can I talk to?

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

Speaking to someone like your **mum, dad, carer** or **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** who you can speak to:

Year	7	8	9	10	11
Head of Year	Mrs Lelyveld	Ms Scott	Miss Jones	Mrs Leicester	Mrs Knight
Assistant Head of Year	Mr Evans	Mr Nelson	Mrs Calvignac	Mrs Snead	Ms Hewitt
Senior Leadership Team	Mrs Henshaw	Mrs Witter	Mrs Downing	Mrs Evans	Mr Hughes
Your Form Tutor, the Headteacher Mrs Henshaw, or in fact, ANY member of staff!					

You can also report bullying via our school website.



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**.
- Becoming an Anti-Bullying Ambassador.

