



Rugby Free

Secondary School

Child Friendly Anti-Bullying Policy





Our school


Rugby Free Secondary School is a happy school where pupils and staff feel valued, respected and part of a big family. It is a school where we are proud to celebrate our differences. Pupils at RFSS want everyone to behave in a friendly and respectful way with no bullying. This includes no use of racist or homophobic language, which is NOT acceptable in our school. We believe that everyone at RFSS is equal and should be treated equally.

What is bullying?

For something to be bullying it has to have happened **Several Times On Purpose**. Bullying is intentional (not an accident) and repetitive. A bully hurts someone on purpose over and over again; it is not an incident that happens only once. Bullying can be by one person or a group of people.

What are the main types of bullying?

Physical Bullying 	<ul style="list-style-type: none">• Hitting• Smacking• Kicking• Punching• Or any physical contact that is harmful
Verbal Bullying 	<ul style="list-style-type: none">• Name calling• Threats• Offensive remarks• Insulting someone because of their religion, skin colour or background
Indirect Bullying 	<ul style="list-style-type: none">• Spreading nasty stories about someone• Gossiping and leaving someone out of a social group• Stopping someone from having a happy time at school
Cyber Bullying 	<ul style="list-style-type: none">• Sending nasty emails• Sending nasty texts• Making nasty phone calls

Sexual Bullying	
	<ul style="list-style-type: none"> • Unwanted physical contact / inappropriate touching • Sexual name calling

What to do if you think you are being bullied?

The first thing to do is tell a responsible adult that you trust such as a teacher, teaching assistant, learning mentor or parent/carer. The staff at school will always take us seriously and sort out the problem.

If you see someone being bullied, be a good friend to them and encourage them to do the right thing by telling an adult. If they are too scared then you should tell a responsible adult immediately. Never join in! If you are not sure, speak to a responsible adult so that they can find out what is going on.

How do we prevent bullying at RFSS?

The following are the types of activities that take place at RFSS to help prevent bullying:

- **Follow-up work in class**
- **Anti-Bullying Week annually in November.**
- **PSHE/citizenship teaching**
- **Information and support on cyber bullying and internet safety**
- **School Council**
- **Mentoring by our team of mentors**
- **“Code of Conduct” displayed in each classroom**
- **Staff training and development for all staff**

Our school behaviour policy helps to promote positive behaviour in school and create an environment where everyone behaves well and supports each other.

During PSHE lessons, pupils will learn about the consequences of bullying and what to do if they are experiencing bullying.

Posters including the Code of Conduct are displayed around the school. These inform and remind pupils of what to do if they feel they are being bullied or know of another pupil who is being bullied.

RFSS takes part in the national Anti-Bullying week every year in order to remind pupils that bullying of any form is not acceptable.

Where can you get support away from school?

Websites

Bullying UK (part of Family Lives) - <http://www.bullying.co.uk>

Anti-bullying Alliance - <https://www.anti-bullyingalliance.org.uk>

Kidscape - <https://www.kidscape.org.uk>

Childline - <https://www.childline.org.uk>

EACH - <http://www.eachaction.org.uk>, for children experiencing homophobic bullying

Free Confidential Helplines

Childline – **0800 1111** (24 hours a day)

EACH – **0808 1000 143** (Monday to Friday 10am till 5pm)

Bullying UK (part of Family Lives) - **0808 800 2222** (Monday to Friday 9am till 9pm / Weekends 10am till 3pm)