

# SGS Pupils Anti-bullying Policy

## Sources of information:

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

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

<https://www.gov.uk/bullying-at-school>

If someone makes you feel uncomfortable or upset online, talk to an adult you can trust. If you would prefer to talk to someone in confidence you can contact **Childline** (0800 1111).

If someone has acted inappropriately online towards you, or someone you know, you can report directly to the **Child Exploitation and Online Protection Centre (CEOP)**.



## Change starts with us



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At Stockport Grammar School, bullying is unacceptable and will not be tolerated. Principles of tolerance and understanding are fostered in our community. We strive to be a welcoming place, supporting individuals to develop and achieve their potential.

## What is bullying?

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying takes many forms:

**Physical** – hitting, kicking, and taking another's belongings.

**Verbal** – name-calling, taunting, making offensive or humiliating comments.

**Social** – exclusion or isolating others, making gestures, spreading rumours / gossip.

**Cyber** – inappropriate text messages or use of social network sites.



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## What to do if you are being bullied?



Report it to a member of staff, parent, friend or anti-bullying ambassador. You can speak to them, use the droboxes or drop in room in school or the "report an issue" button on SGS Online.

Keep a record of what is happening.

Don't retaliate but you can stand up to the bully to tell them what they are doing is wrong and hurtful.

Surround yourself with people that make you feel better.

Keep speaking up until it is resolved.

### What we can we do if we observe bullying?

Don't be a bystander.

Let the person affected know you have observed it and it is not ok.

Stand up to unacceptable behaviour.

Share your concerns.



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