

# ANTI-BULLYING POLICY

At Hotwells,  
we are kind,  
we respect and  
we include  
everyone.

We all have the right to feel happy, safe and included at school.  
Bullying is **never** OK.

## WHAT IS BULLYING?

Bullying is when someone **deliberately** hurts, hurts or upsets someone else **repeatedly**.

It can be face to face, online or through other ways.



## WHAT TO DO IF YOU ARE BEING BULLIED

- 1 Tell the person to **STOP**.
- 2 Walk away and get to a safe place.
- 3 Tell a trusted adult at school or at home as soon as you can.
- 4 Keep telling until someone helps.



It is **NOT**  
your fault.  
You have  
done the  
right thing!

## WHAT TO DO IF YOU SEE BULLYING

BE A **DEFENDER**, NOT A **BYSTANDER**!



Check in with the person who is being bullied.



Tell a trusted adult straight away.



Include them and show you care.



Kindness can make a big difference.

## TYPES OF BULLYING

Bullying can be many different things:



**PHYSICAL**  
hitting, kicking, pushing, taking things



**VERBAL**  
name-calling, teasing, threats, racist or sexist comments



**CYBER**  
hurtful messages, online abuse, sharing unkind content



**EMOTIONAL**  
ignoring, leaving someone out, spreading rumours



**PREJUDICE-BASED**  
because of race, religion, gender, disability, sexuality or other differences



**SEXUAL**  
unwanted comments, touching or sharing inappropriate images

## OUR PROMISE TO YOU



- ★ We will listen to you.
- ★ We will take all bullying seriously.
- ★ We will help you to feel safe.
- ★ We will work with you and your family.
- ★ We will do our best to stop bullying.



AT HOTWELLS, WE ARE A COMMUNITY THAT  
**RESPECTS, CARES AND CELEBRATES EVERYONE.**



**REMEMBER!**



## TALK TO A TRUSTED ADULT

If something doesn't feel right, tell a trusted adult at school or at home.  
Keep telling until someone listens and helps you.

**YOU ARE NEVER ALONE.**