

## Anti-Bullying Policy: Easy Read

### What is bullying?

Bullying is when someone or a group of people hurt another person on purpose, over and over again. This can happen in different ways, including:

- **Online bullying:** Bullying through text messages, social media, online games, or by sharing mean pictures or videos.
- **Verbal Bullying:** Name-calling, insults, or threats.
- **Physical Bullying:** Hitting, pushing, or damaging someone's things.
- **Manipulative Bullying:** Spreading rumours, leaving people out, or making others turn against someone.

Bullying can be because of things like race, religion, being a certain sex or gender, who you like, special needs, or anything that makes someone seem different. Bullying can happen in different ways and can involve an imbalance of power, like differences in age, strength, size, or social skills. The person being bullied often finds it hard to defend themselves.

### Clifton College says NO to bullying!

Our school wants everyone to feel safe and happy here. Bullying is not allowed. We want everyone to respect each other.

### What should you do if you are being bullied or see it happening?

- Tell a teacher, Housemaster, Housemistress, or another member of staff at the College you trust. You can also report it through We Listen (Formerly Whisper), which is an anonymous online reporting tool.
- If it's online bullying, keep any evidence like messages or posts (make sure not to save or share any inappropriate images or photos) and show them to a trusted member of staff.
- Don't reply to bullying messages.
- Try to block or remove the bully online.

### What will the school do?

- The school will take bullying seriously and look into it.
- The school will keep records of what happened.
- If someone is bullying, they might get in trouble. This could mean getting a sanction.
- The school will support the person who was bullied.

**Important rules to remember:**

- Treat everyone with respect.
- If you see bullying, don't just stand by. Tell an adult.
- Don't share nudes (undressed) or semi-nude (partially undressed) pictures or videos. It can get you into serious trouble.

This policy is here to help keep everyone safe. If you have any questions, please ask a teacher or Housemaster/Mistress.

## Appendix 1: Practical Tips

If you or someone you know is experiencing bullying you should always try to report this to a trusted adult so it can be managed appropriately. Here are some practical tips to help you feel more in control

- **Be a "Brick Wall"** - Sometimes, the person trying to bully wants a reaction. If you don't give them one – if you act like their words or actions just bounced off you like a brick wall – they might get bored and stop. Try to stay calm and don't show that you're upset.
- **Use Your Words** - You have a right to say how you feel. Practice saying things like:
  - "That's not funny."
  - "Please stop."
  - "I don't like it when you do that."

Say it clearly and firmly, but try not to yell or get angry, as that can sometimes give them the reaction they want.

- **Walk Away With Confidence** - If someone is bothering you, you don't have to stay there. Turn and walk away. Go to a different part of the playground or House, sit with someone else, or go inside if you can.
- **Find Your People** - Stick with your friends, especially when you know the person who is bothering you might be around. There's safety and strength in numbers.
- **Be Kind to Others** - Sometimes, people who bully others are feeling bad themselves. By being kind to everyone, you show them a better way to act and you build a reputation as someone who is nice, which can make you less of a target.
- **Distract and Deflect** - If someone is teasing you, try changing the subject or making a joke (if you feel comfortable and safe doing so). Sometimes, a little humour can throw them off.
- **Hold Your Head High** - Even if you don't feel brave inside, try to look confident on the outside. Stand tall, make eye contact (if you feel okay doing so), and act like what they're saying doesn't bother you.
- **Remember It's Not About You** - People who bully often do it because of their own issues, not because there's something wrong with you. Their words say more about them than they do about you.

- **Practice** - Talk to an adult about different situations and practice how you might respond. This can help you feel more prepared if something happens.