



Striving for Excellence Together

What is Bullying?

“Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online”

Sometimes it is easier to remember that bullying is unkind behaviour several times on purpose or STOP.

Several Times On Purpose

Bullying is **not**

- A falling out with a friend
- An accident
- Something that only happens once

Why is Respect 24/7 important to us at SWR?

At SWR we are committed to a culture where everyone feels safe, has a sense of belonging and is proud to be a member of the school.

Respect 24/7 is the commitment every member of our community has to always showing others, themselves and the environment respect and kindness.

What should I do if I am being bullied?

DO

- **S**peak **T**o **O**ther **P**eople
- Ask them to STOP, if you can
- Speak to a member of the Respect 24/7 ambassadors
- Speak to any member of staff
- Speak to a friend
- Speak to your parents/carers
- Email respect247@swr.gloucs.sch.uk

DON'T

- Get angry or fight back to try not to react
- Think it is your fault
- Hide it
- Do as the bully says
- Avoid coming into school

What will SWR staff do?

- Reassure and listen to you
- Investigate the incident(s) by speaking to others
- Feedback to you on the actions they have taken
- Issue sanctions if appropriate
- Initiate other interventions (eg restorative conversations if appropriate)