

Bishop Ullathorne Catholic School

Anti Bullying Pupil Version 2026

Bishop Ullathorne Mission Statement

Our Mission is to be an active Christian community of love and service, where all feel they belong and are valued. We will help each other to recognise the gifts of God within us, to search for excellence and to foster the development of our true self.

Policy last reviewed: Spring 2026

Reviewed by: Chair of Governors and Governing body

Agreed by governors: Summer 2026

Shared with staff: Summer 2026

Frequency of review: Yearly

Date of next review: Summer 2027

WHAT IS THIS POLICY FOR?

At Bishop Ullathorne, our three school rules are to be Ready, Respectful and Safe. We want to make sure that you are safe and happy when you are in and out of school. Sometimes we might not know if something bad is happening, so you need to tell us. We will support you by:

- Teaching you what abuse, child-on-child abuse and bullying is.
- Teaching you what to do if you feel like you are being abused, or if someone else is being abused.
- Making sure you know you can speak to members of staff if you are worried about anything.

WHAT IS BULLYING? (see also Anti-Bullying Policy)

Bullying is repeated intentional harms to threat to another student without consideration of their feelings. Our student friendly definition on bullying, based on the work of our Anti-bullying Ambassadors is:

A bully is a person or group of people who repeatedly face to face or online physically, verbally or emotionally deliberately harm or exclude someone.

At Bishop Ullathorne, we are Upstanders: someone who recognises when something is wrong and acts to make it right. As a upstander, when we notice something is happening, we must acknowledge how that makes us and the person in the situation feel, consider the most appropriate way to respond and then take action or get support. Watching abuse and not acting is just as bad.

WHAT IS CHILD-ON-CHILD ABUSE?

Abuse is never OK. It is serious. It is not funny, or part of growing up. A **Child** is someone who might be your friend, a young person at school with you, or another young person you may know.

Abuse is something which usually physically or emotionally hurts another person by using behaviour that is meant to scare, hurt or upset that person; it can be verbal, non-verbal or physical. There are lots of different types of abuse. Not all abuse will hurt, scare or upset you, so you might not know it is happening. Therefore, it is important you know what types of abuse are so you know what to do if you see them. Child-on-child abuse is most likely to include, but may not be limited to:

Verbal bullying	teasing someone, calling them names, using rude hand signs or saying things meaning to intimidate or ridicule in any way. People can also use verbal bullying for prejudice-based and discriminatory bullying (being racist, sexist, homophobic or transphobic, which is against the law from the age of 10).
Cyber bullying	involves sending unkind/hurtful/nasty messages over the internet, via social media or by text message with the intent to cause emotional distress or humiliation. AI could be involved.

Racist	means bullying someone because of their skin colour, race or what they believe in.
Homophobic	means bullying or a dislike of someone because of their sexuality; calling someone gay or lesbian or other more derogatory terms to hurt their feelings would be homophobic.
Transphobic	means bullying or a dislike of someone who is non-binary or transgender (someone who does not identify as either gender or the same gender as the one they were assigned at birth).
Sexist	means bullying someone because of their sex or not complying to gender stereotypes and prejudice.
Emotional abuse	is hurting someone's feelings by making unpleasant or cruel comments, purposely leaving them out or bossing them about.
Social isolation	means purposely leaving peers out of conversations, activities, exclusion from social activities. Bullying can take place through another person, by one person sending another person to say hurtful things or by a group of people.
Physical abuse	is punching, kicking, spitting, shaking, hair pulling, hitting, pushing someone or any kind of unwanted physical contact meant to harm another person (this may include an online element which facilitates, threatens and/or encourages physical abuse)
Initiation/hazing	violence and rituals which could include activities involving harassment, abuse or humiliation used as a way of initiating a person into a group and may also include an online element.

WHAT IS SEXUAL HARRASSMENT / ABUSE?

Sometimes, people can act sexually towards others and it might make them feel uncomfortable. This can happen online, social media, by messages and face-to-face. It might make someone feel scared, embarrassed, uncomfortable or upset. It could be:

- Someone making sexual comments, like telling sexual stories, saying rude things or saying sexual things about someone's appearance or clothes.
- Calling someone sexual names.
- Sexual jokes or teasing.
- Being physical, like touching which makes you feel uncomfortable, messing with your clothes, or showing pictures or drawings which are of a sexual nature.
- Being sexual online, like sharing sexual pictures and videos, or posting sexual comments on social media.
- It might be sexual threats or pushing you to do something sexually that you don't want to or aren't ready for.
- It might also be causing someone to engage in sexual activity without consent, such as forcing someone to strip, touch themselves sexually, or to engage in sexual activity with a third person.

Teenage relationship abuse	Abuse that happens in intimate personal relationships between children
Upskirting	involves taking a picture under a person's clothing without their permission, with the intention of viewing their genitals or buttocks to obtain sexual

	gratification, or cause the victim humiliation, distress, or alarm. This is a criminal offence.
Sexting / nude and semi-nude images and/or videos	consensual and non-consensual sharing of nude and semi-nude images and/or videos. These can sometimes be called 'nude pics', 'nude selfies' or 'nudes', but can also be rude, explicit or inappropriate messages. It is illegal to: <ul style="list-style-type: none"> • pressuring someone into sending these pictures, videos and messages • sharing them with or without consent • have these kind of pictures or videos of a person if they are under 18 years old on any device (even if you are not the person sending them)
Sexual violence	such as rape, assault by penetration and sexual assault; (this may include an online element which facilitates, threatens and/or encourages sexual violence)

HEALTHY OR UNHEALTHY RELATIONSHIPS?

Any relationship you have should be positive, healthy, happy and consensual (both parties willingly engaging in the relationship). An unhealthy relationship might make someone feel scared, confused, worried and even unsafe. Signs of a healthy relationship and an unhealthy relationship are below:

What healthy relationships look/feel like	What unhealthy relationships look/feel like
<ul style="list-style-type: none"> • You are comfortable around that person. • You can be honest with that person. • You can say how you feel, what you are thinking and you listen to each other. • You support each other and treat each other kindly and respectfully. • You feel safe. • You trust that person. • You are equal – you don't boss each other around or tell each other what to do. • You feel cared about and looked after. • You feel a sense of mutual respect - there is no power imbalance. 	<ul style="list-style-type: none"> • The person might push you, hit you, destroy your things or harm you in any way physically or emotionally. • The person might tell you what to do, what to wear or who you can see. • You might feel scared – they might say they will hurt you if you do not do something. They might also say they will hurt you if you do something too. • The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself. • The person gets angry easily and you do not know what will make them angry – it might make you feel nervous. • The person might pressure you to do things you do not want to or aren't ready for, like sex, or using drugs and alcohol. • The person might not take no for answer when you say you do not want to do something.

HOW DO I KNOW IF I OR SOMEONE ELSE ARE BEING ABUSED?

It might be hard for you to know if you are being abused and you might not really understand it is happening. It is important you can recognise when behaviour is not appropriate and notice when someone else might be being abused. Some signs might be:

<ul style="list-style-type: none">• Not going to school.• Having injuries, like bruises.• Feeling sad and down.• Feeling like they can't cope.• Feeling withdrawn or shy.• Getting headaches or stomach ache.	<ul style="list-style-type: none">• Feeling nervous.• Not being able to sleep, sleeping too much or having nightmares.• Feeling panicked.• Using alcohol or drugs.• Changing looks to look much older.• Being abusive to someone else.
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WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING ABUSED?

If you see someone else being abused, it is important that you help that person. You should never ignore the problem. Tell an adult, such as a staff member or family member as soon as you can.

Sometimes, you might not see someone being abused, but you might be worried about them. Or, you might think they are being abused by someone you do not know, or someone they have told you about. It is really important you tell someone when you are worried.

WHAT SHOULD I DO IF I AM BEING ABUSED?

The first thing you should do is tell someone you trust. This could be a family member, a friend, a teacher or another trusted adult. You can also tell the person abusing you to leave you alone. You should try to:

- Ignore and not do what the person says.
- Not let what the person says or does upset you.
- Not get angry or hit them.
- Distance yourself from the other person.

If telling them would make you feel too scared or worried that they might hurt you, make sure you tell someone else so they can help. Always remember that if you are being abused, it is not your fault and you are never alone. If you talk to a member of staff, we can help stop the abuse.

HOW CAN I HELP STOP ABUSE HAPPENING?

We can all help stop abuse at our school by:

- Being kind, friendly and respectful to others and helping others when they are in need.
- Thinking about people's feelings before we say or do something.
- Living our Ullathorne Values of being attentive, compassionate, eloquent, faith filled and prophetic, grateful, wise and curious.
- Being ready, respectful and safe at all times.
- Taking part in school activities, like assemblies, CPSHE lessons and discussions in Tutor Time, which talk about child-on-child abuse.
- Talking to someone when we are worried and encouraging our friends to do the same.

Students who abuse someone will receive a serious sanction in-line with our behaviour policy.










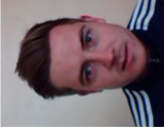









Worried? Need to talk? Our safeguarding team are always here to help.



WHO CAN I TALK TO?

It is important you tell someone as soon as you are being abused, or you notice someone else being abused. Speaking to someone like your parent/carer or trusted staff in school will mean that we can make sure the abuse stops and doesn't happen again. The poster below and displayed around school shows our safeguarding team you can speak to:

Mrs Boyle Headteacher & Deputy DSL 	Miss Hully Assistant Headteacher & Designated Safeguarding Lead 	Miss Durkan Assistant Headteacher & Deputy DSL 	Mrs Salter Assistant Headteacher & Deputy DSL & SENDCo 	Mrs Moore Education Welfare Officer 
Year 7				
Ms Maxwell Key Stage Leader 	Ms Rosner Pupil Support Manager Y8 		Mrs Greenway Pupil Support Manager 	
Year 8 & 9				
Mrs Jeremiah Key Stage Leader 	Mr Anstee Deputy Key Stage Leader 	Miss Howe Pupil Support Manager Y9 		
Year 10 & 11				
Mrs Newell Key Stage Leader 	Mrs Marston Pupil Support Manager & DDSL 	Mrs Richardson Pupil Support Manager 		
Sixth Form				
Mrs Casey Assistant Headteacher & Head of Sixth Form 	Mrs Brazil Student Liaison Officer 	Mrs Grearson Student Liaison Officer 		

Safeguarding is everyone's responsibility. You can talk to any adult about anything that is worrying you or email bu-concerned@hccmac.co.uk

We also have the Prefect Team and Sixth Form Leadership Team available for you too.
Remember: No one should come to school and not feel safe. Be an Upstander! Let's make Bishop Ullathorne School a safe, secure and happy place for everyone to learn and thrive in.