

Burnside Academy

ANTI-BULLYING POLICY



September 2026

Mrs Kelly / Ms Downey / Miss Whiffin – Anti-Bullying Team
School Council
Anti-Bullying Ambassadors

School Statement on Bullying – Anti-Bullying Team's Voice

Burnside is a place where everyone has the right to feel safe, welcome, valued and respected so they can learn in a happy and secure atmosphere.

Everyone at our school is unique. We celebrate our differences and make sure everyone feels that they belong.

We take bullying very seriously. If bullying happens, we will listen, act and work together to make sure it stops and everyone is supported.

What Is Bullying?

Bullying is behaviour that is intended to hurt, upset or intimidate someone. It can happen face-to-face or online and is often repeated. It can involve an imbalance of power, making it difficult for someone to defend themselves.

Bullying can cause physical and emotional pain and can make someone feel worried, lonely or unsafe.

Remember bullying is behaviour that is

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If it happens, tell someone and help make it STOP!

In our school, bullying can be:

- Emotional leaving people out on purpose, repeatedly being unkind, embarrassing someone, threatening them, or making them feel they do not belong



- Physical pushing, kicking, hitting, punching, tripping, hurting or damaging someone's belongings



- Discriminatory using hurtful words or actions about someone's race, religion or beliefs, disability, gender, sexuality, appearance or another part of who they are



- Verbal name-calling, repeated teasing, threatening, shouting at someone, spreading rumours or saying hurtful things



- Online / Cyber sending hurtful messages, images, videos or voice notes; posting unkind comments; leaving someone out of group chats; making fake accounts; or being unkind through social media, apps or online games



Think before you speak

- ▶ t is it true?
- ▶ h is it helpful?
- ▶ i is it inspiring?
- ▶ n is it necessary?
- ▶ k is it kind?

Possible signs of bullying to look out for

- seems frightened, worried or upset about coming to or going home from school
- doesn't want to come to school or suddenly wants to stay at home
- a change in behaviour, confidence or friendships
- seems worried, lonely or unusually quiet
- often feels ill, has headaches or tummy aches, especially before school
- makes excuses to avoid school, clubs or activities
- has possessions that are damaged or go missing
- asks for money or belongings, or says things are being taken
- becomes unusually angry, upset or disruptive
- starts being unkind or bullying other children or siblings
- has changes in eating or sleeping
- is frightened or worried about telling someone what is wrong

Not all of these signs mean that someone is being bullied, but they may be a reason to check that they are okay. If you are worried about yourself or someone else, tell a trusted adult.

What can we do to support anyone being bullied?

- Don't bully others
- Don't ignore bullying
- Be kind and include others
- Talk to someone you trust
- Help one another
- Don't join in or encourage it
- Be a good friend
- Tell a parent, carer, teacher or another trusted adult
- Stand up for what is right and safe

What will happen if you tell a teacher

- The teacher will listen to you and take your concern seriously
- The teacher will talk to the children involved and find out what has happened
- Parents or carers may be contacted when appropriate
- The teacher will keep an eye on things and check in with everyone involved
- The school will take appropriate action and consequences where needed
- Mrs Kelly and/or Miss Downey may be involved to help make sure everyone is safe and supported

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be bullied. Everyone has the right to be treated with kindness, dignity and respect. Children who bully others need help to understand the impact of their behaviour and learn better ways to behave. Schools have a responsibility to respond promptly and effectively to bullying and to make sure children feel safe, listened to and supported.

This child-friendly policy has been reviewed for 2026 and reflects the views of our School Council and Anti-Bullying Team. It supports Burnside Academy's wider behaviour, safeguarding and anti-bullying policies.