

Anti-Bullying at Lansdown Park

What is Bullying?

We adopt the Anti-Bullying Alliance definition:

"The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power."

Bullying can be:

- **Physical – pushing, hitting, theft**
- **Verbal – name-calling, threats, discriminatory language**
- **Indirect – exclusion, spreading rumours**
- **Cyberbullying – text, social media, online harassment**

Bullying may be based on:

- **Race, ethnicity, or religion**
- **Special educational needs or disability (SEND)**
- **Gender identity or sexual orientation**
- **Appearance or health condition**

What to do if you see or hear bullying?

Students are encouraged to:

- **Report bullying (experienced or witnessed) to a trusted adult**
- **Support peers and challenge bullying behaviour**
- **Participate in restorative conversations where appropriate**

Speak Up