

Introduction

This leaflet has been written by some members of the school council to help you understand what bullying is and what you can do if it happens to you or someone you know.

If there is anything in this book that you do not understand then ask a member of staff or ask your parents to tell you more about it.

What is bullying?

Bullying is when someone is deliberately hurtful, and they keep on doing it over a long time.

***Remember STOP**

It happens Several Times On Purpose.



Bullying can:

- Hurt your feelings - being unfriendly, leaving people out (e.g. hiding books, threatening gestures)
- Be hurtful words - name-calling, spreading rumours, threats, making rude remarks, making fun of someone, teasing
- Hurt your body - pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things
- Racist - racial taunts, graffiti, gestures, making fun of culture and religion
- Online/cyber - setting up 'hate websites', sending rude text messages, emails and abusing the victims using a mobile phone
- Any unkind comments about things that other children find hard or the way they look



Bullying is not:

It is important to understand that bullying is not when you fall out with your friends every now and again, or playground arguments or when the occasional trick or joke is played on someone. It is bullying if it is done several times on purpose. (***Remember STOP**).

Children sometimes fall out or say things because they are upset. When occasional problems of this kind happen it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns, the odd name calling or childish prank. We all have to learn how to deal with these situations and develop social skills to repair relationships.

Where does bullying happen?

It can happen anywhere - in the classroom, in the corridor, in the toilets, in the playground. Bullying may also happen on the way to and from school and on the school bus.

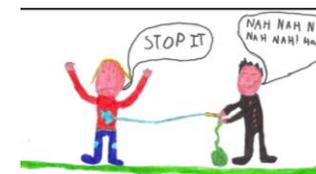
At Seend C. of E. Primary School, we are concerned with children's behaviour and happiness outside as well as inside school and we will do what we can to address any bullying issues.



What can you do if you are being bullied?

Wherever you are in school, you have the right to feel safe. Nobody has the right to make you feel unhappy. If someone is bullying you, it is important to remember that it is not your fault and there are people who can help you.

- Try not to let the bully know that he/she is making you feel upset.
- Try to ignore them.
- Be assertive - stand up to them, look at them directly in the eye, tell them to stop and mean it.
- Stay in a group, bullies usually pick on people who are on their own.
- Get away as quickly as you can.
- Tell someone you can trust - it can be a teacher, a teaching assistant, a dinner lady, a parent, a friend, a brother, a sister or a relative.
- If you are scared, ask a friend to go with you when you tell someone.
- If you don't feel you can talk to someone about it, write it down and give it to someone you trust.
- When you tell an adult about the bullying give them as many facts as you can (What? Who? Where? When? Why? How?).
- Keep a diary of what's been happening and refer to it when you tell someone
- Keep on speaking out until someone listens and helps you.
- Never be afraid to do something about it.
- Don't suffer in silence.
- Don't blame yourself for what is happening.



What can you do if you see someone else being bullied?

Ignoring bullying is being afraid and unfair to the victim. Staying silent means the bully has won and gives them more power. There are ways you can help without putting yourself in danger.

- Don't smile or laugh at the situation.
- Don't rush over and take the bully on yourself.
- Don't be made to join in.
- If safe to do so, encourage the bully to stop bullying.
- If you can, let the bully know you do not like his or her behaviour.
- Let the victim(s) know that you are going to get help.
- Tell a member of staff as soon as you can.
- Try and befriend the person being bullied.
- Encourage the person to talk to someone and get help.
- Ask someone you trust about what to do.
- If you don't feel you can talk to someone about it, write it down and give it to someone you trust.

The following steps may be taken when dealing with bullying:

If bullying is suspected or reported, the problem will be dealt with immediately by the member of staff who has been approached.

All children concerned will be asked questions and the Head Teacher will be told. All staff will be made aware of what has happened if needed.



If you have been bullied, we will help you by:

- Letting you talk about what has been happening to an adult of your choice
- Letting you know that we will work hard to make things better
- Trying to make you feel good and happy again
- Checking regularly with you about how things are
- Making sure you feel safe

If you have been bullying a child, we will help you by:

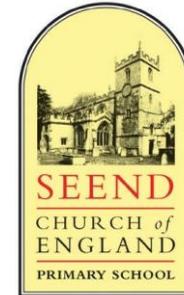
- Letting you talk about what has happened
- Letting you explain why it has happened
- Explaining what was wrong with your behaviour
- Giving support for any personal problems you may have
- Explaining what will happen if the bullying continues
- Helping you to stop

The following action may be taken against a bully:

- Talking to your mums and dads about your behaviour
- Not being allowed to be involved in certain activities
- Being sent home from school for the rest of the day
- Being kept away from school for a set time
- Not being allowed to come back to school

Other help and advice can be found at:

Childline 0800 1111 (a charity set up to support children with any problems)
www.childline.org.uk
www.bullyfreezone.co.uk



Our Child Friendly Anti Bullying Policy

