



*Working together on our
journey to success.*



What is bullying?

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people. A useful way to remember bullying is STOP

SEVERAL TIMES ON PURPOSE

Bullying can be:

Hitting or saying you are going to hit someone

Touching someone when they don't want you to

Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people

Stealing or damaging someone else's belongings

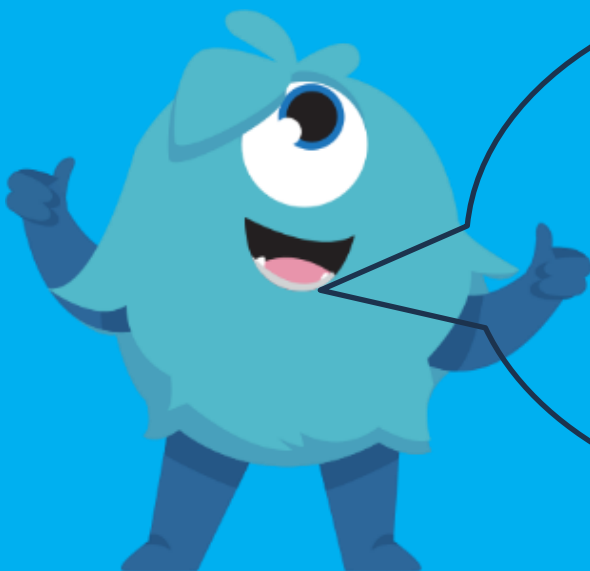
Ignoring someone on purpose or leaving them out

Sending hurtful or unkind texts, emails, images or online messages to someone or about someone



Bullying can be about...

- Special educational needs or disability
- What someone looks like
- Where someone lives
- Race or ethnicity (racist bullying)
- Religion or belief
- Family or culture
- Sexist bullying, which is bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- Homophobic or biphobic bullying. This is saying unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example 'you're so gay!'
- Transphobic bullying. This is saying unkind things because someone is trans, or because you think they are trans, or being nasty about trans people (someone who feels the gender they are given as a baby doesn't match the gender that they feel themselves to be).



If someone is being hurtful or unkind to you several times on purpose, for whatever reason, whether it is about you or your friends and family, that is bullying. No one should be picked on for being different in anyway, for how they act, what they look like, or who their family are.

Why does bullying happen?

Although bullying doesn't happen very much at this school it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied remember that it is never your fault.

Where does bullying happen?

- Bullying can happen at school, after school and online.



What should I do if I think someone is being bullied?

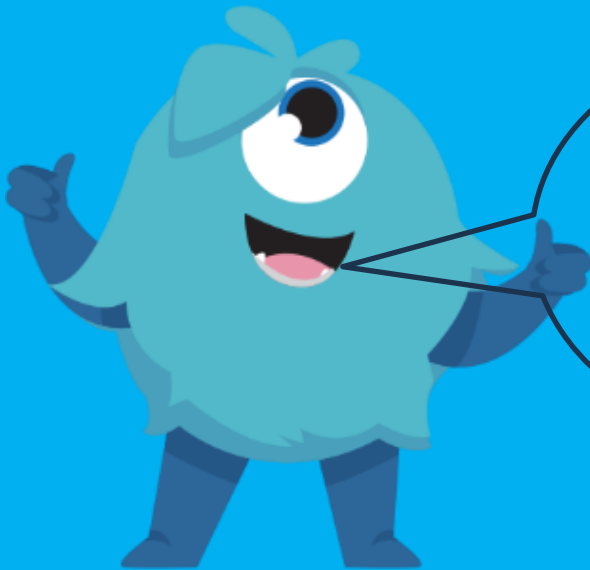
Talk to the person and ask if they're ok and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

What should I do if I'm being bullied?

- If you are being bullied it is important to tell someone you trust. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying you can still tell them again. You can:
 - **Tell a teacher – your class teacher or any other teacher**
 - **Tell a friend who will be able to help you**
 - **Tell any other adult staff in school – such as mid days, teaching assistants, nurture staff or Mrs Scott**
 - **Tell an adult at home**
 - **You can also write a note about the bullying in the worry boxes in each classroom or leave a note on the teacher's desk**
 - **You can go and see Karen our school counsellor**
 - **You can also call ChildLine at any time for free on 0800 1111. They will not tell anyone else about what you have said.**

What should I do if I'm being bullied?

If you tell a teacher or an adult at school they will be able to help you. They may tell another teacher like your class teacher, or a parent or carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.



Remember you can always contact the people below if unsure about who to talk to

ChildLine, which can be contacted for free on 0800 1111.

National Bullying Helpline, which can be reached on 0300 323 0169

Shout:

A text helpline where you can text SHOUT to 85258 to talk to a trained volunteer confidentially