



Bullying is the repetitive, intentional hurting of one person or group by another person or group where the relationship involves an imbalance of power.
It can be verbal, physical or psychological.
It can happen face to face or online.

Different types of bullying

Direct:

Direct bullying is often physical, which affects young people in tangible ways.
Other forms are stealing, name-calling or humiliation.

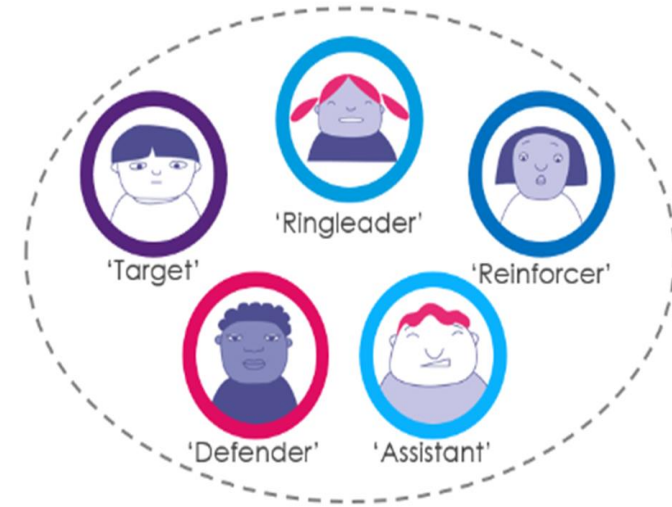
Cyber:

Nasty text messages, instant messages or emails, using social network sites to cause harm or embarrassment, sending nasty pictures or videos

'Manipulative' bullying is a form of victimisation in which young people's relationships with their peers are manipulated.
This may occur through ostracism, malicious rumour-mongering, false friendships or deliberate social exclusion.



'Outsider'



The target is the person at whom the bullying is aimed

The ringleader initiates and leads the bullying

The reinforce supports the bullying, might laugh or encourage what's going on but doesn't 'do' it.

The assistant is actively involved in 'doing' the bullying. But does not lead it.

The defender stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to defend. They might talk to an adult in school.

The outsider ignores or doesn't see the bullying and doesn't want to get involved.



What to do about it ?




At our school we do not accept any kind of bullying. Bullying is **NOT ACCEPTABLE** and it is **EVERYONE'S** responsibility to prevent bullying.


You can try our suggestions below, but remember if they don't work:
IT'S NOT YOUR FAULT!!!




TELL SOMEONE!!!




Stay with someone you trust
at times and places where
bullying often happens




Do something positive for
yourself like joining a club or
going to the cinema with
friends.



Try not to show that you
are upset (this is difficult).
Try to look positive and
confident.



Try not to respond by
bullying them back



Walk away quickly and
confidently (even if you
are afraid on the inside).

DON'T GIVE UP!!! It may not stop straight away,
but keep telling others if it doesn't

ALWAYS TELL SOMEONE!!!

Telling someone about bullying can be difficult, but:

- We all have a responsibility to make sure that bullying is not allowed to continue in our school.
- **Telling is not grassing**
- The school will deal with it fairly, sensitively and quickly. Teachers will tell you what is going to happen next and make sure that you can tell them how you feel
- **If nobody knows what is happening, nobody can help**
- We all need to support each other - You might be helping others as well as yourself.
- Don't be embarrassed about feeling unsafe: **it's not your fault!**

Who to tell:

- **Your Form Tutor or Learning Manager** - This is probably the teacher who knows you best and can give you support every day. He or she can deal with the problem or contact another teacher on your behalf.
- **Any other staff or classroom teachers** - This could be anyone in the school that you trust. You could write it down for them.
- **A friend** - Sometimes, just talking about it helps. Your friends can look out for you and make sure that you are not alone. They can also help you to talk to someone else.
- **An older student** - This could be a Prefect or anyone who is older and more confident. Maybe someone who gets on your bus or who lives near you.
- **Learning Support Staff** There is always someone who will listen to you in confidence and help you to improve your situation.
- **Email: Learning Manager or Mrs Howard/Mrs McArdle** who will respond. They will do whatever they can to help.
- **A parent or somebody you can trust.** If you don't want to talk to anyone at school, tell someone at home. They can help you to decide what to do next or talk to teachers on your behalf.





1. Don't ignore it, don't be a bystander

2. TELL SOMEONE!!!

3. Show people who are bullying that you don't like what they are doing. Don't be friends with them or include them in your group until they stop.

If you know someone who is being bullied...

4. Help and support others. Give the person a word or a look of support, even if they are not a friend of yours. Feeling unsafe can be very lonely.



5. Don't make teasing or hurtful remarks.



6. Always be honest and truthful about bullying, even if it is not easy.

Help run an assembly about bullying

Join the student council

What else you can do about bullying:

Lead collective worship with an Anti-Bullying Theme

What the school will do about bullying:

- We will investigate all incidents carefully and record it.
- We will always take reports of bullying seriously and listen carefully to what students say.
- We will be sensitive to the student's situation.
- We will offer the person being bullied and the person bullying a chance to talk about what happened and how to make it better.
- Parents / carers will be involved and informed of unacceptable behaviour.
- Detentions and exclusions may be used if necessary.
- We will provide support for the person being bullied and the person who has been bullying to help them tackle their difficulties.
- We will continue to monitor the situation and check in with the students involved to find out whether anything has changed.

We want students to be involved in our Anti-Bullying efforts, so we welcome suggestions, comments, and activities like running assemblies, getting involved in the student council, and helping us review our school Anti-Bullying policy.

'Being One Of Ours' means looking out for one another.

