

Things we do in school to reduce bullying:

- Lessons in class
- Assemblies
- School Council
- Learning about internet safety
- Yearly events: Anti-Bullying, Mental Health Week, E-Safety
- Clear rules and guidance

Things you can do:

- DO Tell them to go away
- DO Walk away
- DO Tell someone you trust
- DO Stay calm and confident

Adults you can Speak to:

- Teachers
- Mum and Dad
- Other family members
- Lunchtime Supervisors
- Friends

DON'T!

- DON'T Do what they say
- DON'T Get angry
- DON'T Hit them
- DON'T Ignore it

Useful Sources of Information and Support

Childline

Internet: www.childline.org.uk

Telephone: 0800 1111



NSPCC:

Internet: NSPCC | The UK children's charity | NSPCC

Telephone: 02078252500

EACH

Internet: NSPCC Homophobic Transphobic Helpline - EACH | EACH

Telephone: 0808 1000 143



A Children's Guide to Anti-Bullying



Helping Friendships Thrive at Walton Peak

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 or online messages to someone or about someone

What should I do?

- Tell someone you trust
- Tell an adult at home
- Tell a friend
- Taking action by telling the bully to stop
- Taking action by getting others to stand up to the bully with them
- Taking action by helping the victim.
- Taking action by shifting the focus and redirecting the bully away from the victim
- Taking action by telling an adult who can help

Bullying can be about:

Race or ethnicity (racist bullying)

- Religion or belief
- Family and 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).
- Special educational needs or disability
- What someone looks like
- Where someone lives

How School Will Sort it for you:

- The staff will speak to you and your parents.
- They will also talk to the bully and their parents. They will be asked why they are bullying and helped to stop.
- If they do not stop, they could be suspended or excluded.
- Bullies often need help. They may have a problem at home or have been bullied themselves..
- The school can help these children to sort out their problems and stop bullying

Bullying is not:

- Accidents
- Fallouts with friends
- If it only happens one time
- Fighting