

What is Bullying?

All Saints School Anti-Bullying policy



Types of Bullying

Physical: kicking, hitting, spitting, pushing, taking and damaging belongings, or threatening to do any of these things

Indirect: spreading nasty stories, gossiping, leaving people out, making them do something they don't want to, "dirty looks",

Verbal: name calling, taunting, threats, offensive comments



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



Bullying is behaviour designed to make someone feel:

Unsafe or frightened

Different in a bad way

Unable to do well and achieve

Unable to see a happy future

Alone or unimportant

Lots of things can make people feel bad, for example having an argument with friends. Sometimes it depends on the situation we are in, and it is not always bullying. Bullying is:

- **meant to hurt** – the person or people doing the bullying know what they are doing and mean to do it
- a **repeated** pattern of behaviour, not just a "one-off" incident



ALWAYS TELL SOMEONE!!!

What to do about it

In 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 the 10 suggestions below, but remember if they don't work: **IT'S NOT YOUR FAULT!!!**

1. TELL SOMEONE!!!



3. Try to ignore the bullying.

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



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

If you are being bullied...

8. Stay with your friends and say NO to the person bullying. Do not give in to demands.



5. Try not to respond by bullying them back

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

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

9. Do keep attending school and tell someone if you are finding this hard



10. If you are different in any way, be PROUD of it. It's good to be an individual. There's nothing wrong with you!

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.** Not speaking means that the person being bullied will continue to suffer and the person doing it will carry on, probably choosing other targets too
- 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 teacher:** This is probably the teacher who knows you best and can give you support every day. They 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 anti-bullying ambassador/ School council member:** They can pass on your concerns to an adult.
- **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.

If you tell someone but you are still not happy with what is happening, tell someone else. Don't give up!

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

Play with someone who doesn't have

What else you can do about bullying:

Make an Anti-bullying poster.

Join the school council and become an anti-bullying ambassador

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 you say.
- We will be sensitive to your 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.
- Exclusions may be used if necessary
- We will help the person being bullied and the person who has been bullying.
- We will continue to monitor the situation and check in with you to find out whether anything has changed.

**Stick up for what you know is right!
DON'T BE A BYSTANDER**

Cyberbullying

Posting embarrassing photos or video clips

Spreading rumours online

Cyberbullying is bullying that happens using electronic forms of contact such as phones, emails or social networking

- It may be an extension of face-to-face bullying.
- Some incidents of cyberbullying may be unintentional and the consequences may also be unintentional.

Threats or Intimidation

Nasty texts or messages



If you are being cyberbullied, or receiving abusive or worrying messages...

1. Do not ignore it: **Tell someone.**
2. Keep any bullying messages you receive and show them to someone.
3. **Do not respond with abusive messages** of your own.
4. **Be careful what you share.** Do not give your phone number, email address, or other details to just anyone, but only to those you trust.
5. Never give out your name, photos of you, address, phone number, school name or password in an internet chat room.
6. **Block** users who you don't know or trust.

Do not share others' secrets or share photos of them. **Respect others' privacy.**