



Pupil Anti Bullying Leaflet

What is Bullying?

At Priestsic Primary and Nursery School we take all types of bullying very seriously.

Our definition is:

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

Put simply this means:

Several
Times
On
Purpose



How to Deal with Bullying in School



1. Say 'STOP IT I DON'T LIKE IT!'
2. Tell a trusted adult straight away
3. Talk to the bully with an adult
4. Be in a group with good friends
5. Keep away

Different Types of Bullying

At Priestsic Primary and Nursery School, we believe that everyone is unique and different, and should be treated with respect. All types of bullying are equally serious and will be dealt with.

Physical Bullying

This is actions such as hitting, punching, kicking, biting

Verbal/Emotional Bullying

This includes name calling, using unkind words, talking about people behind their backs, leaving people out.

Racist Bullying

Prejudice against people who are different in: language, religion or skin colour.

Disablist Bullying

This is making fun of or being unkind about disabled people who are different because they use a wheelchair, wear glasses or hearing aids or have a condition like Autism or Downs Syndrome.

Homophobic Bullying

When two people of the same gender (men or women) are bullied for being in a relationship and loving each other. Name calling like gay and lesbian. Sometimes people can also feel unsure of their gender. It is not acceptable to call anyone anything that will hurt their feelings. Everyone has the right to be themselves and to feel however they feel.

Cyber Bullying

Using computers, mobile phones and other devices to send nasty messages or pictures or to threaten other people.



Who is Involved in Bullying

The Bully

A bully is a person who seems to have a lot of power over other people but makes wrong choices and hurts the same person by the bad things they say or do over and over again.

The Victim

The victim is the person who is being hurt in some way either physically or emotionally by the actions of the bully. They seem to have less power. The victim needs to tell a trusted adult so that the problem can be investigated and a solution can be found. They should never keep bullying hidden because it could get worse.

The Bystanders

A bystander is a person just watching or sometimes encouraging the bullying and is as equally guilty (bad) as the bully because they are giving the bully more power.

A bystander has the power to change the situation if they tell an adult.

How to report bullying

If you are being bullied, make sure you tell a trusted adult in school or at home. If you have been sent a nasty message or picture, take a screen shot and share with your trusted adult.

Who can you speak with if you are being bullied?

If you are at school, you can talk to any member of school staff, e.g. your teacher or TA, a midday supervisor or someone in the office. Every adult in school will help and support you.

Contacts

If you are unable to talk to an adult at home or school, you can contact:



NSPCC

18 or under?

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111



We build better family lives together



If you need to talk ...

...we're here to listen

0808 800 2222

askus@familylives.org.uk

www.familylives.org.uk



YoungMinds Crisis Messenger

Provides free, 24/7 text support for young people across the UK experiencing a mental health crisis.

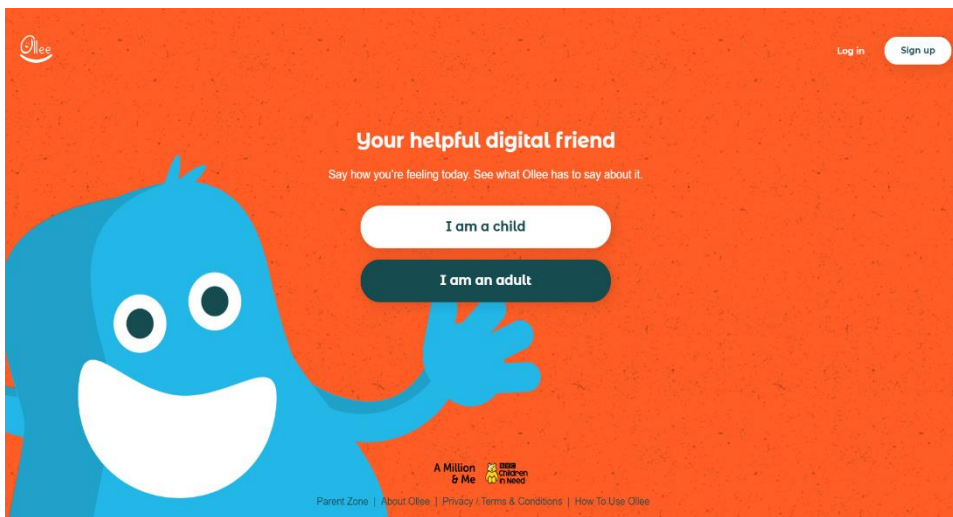
All texts are answered by trained volunteers, with support from experienced clinical supervisors.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

Texts can be anonymous, but if the volunteer believes you are at immediate risk of harm, they may share your details with people who can provide support.

Text: YM to 85258

Opening times: 24/7



Ollee is a virtual friend who offers help and advice.
<https://app.ollee.org.uk>