



## 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.



## 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.



### 18 or under?

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

0800 1111



### If you need to talk ...

...we're here to listen

0808 800 2222

askus@familylives.org.uk

www.familylives.org.uk



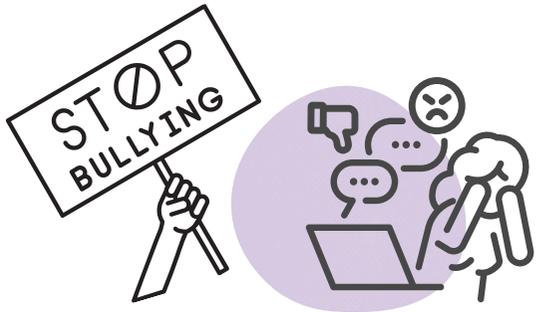
# PRIESTSIC'S PUPIL ANTI BULLYING LEAFLET

Where learning and  
friendship go hand in  
hand.



## WHAT IS BULLYING?

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



## OUR DEFINITION IS

The on purpose 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 emotional. It can happen face-to-face or online.

### Put simply this means:

S - everal  
T - imes  
O - n  
P - urpose



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.

## HOW TO DEAL WITH BULLYING IN SCHOOL

### USE YOUR VOICE OR WALK AWAY

If someone is mean, you can tell them "Stop, that's not nice" in a calm voice. If you don't feel safe, it's okay to walk away instead.

### TELL AN ADULT YOU TRUST

Share what happened with a teacher, parent or another grown-up. Grown-ups can help fix the problem.

### KEEP A RECORD

If bullying happens online or keeps happening at school, write it down or save messages so you can show an adult.

### SPREAD KINDNESS

Smile, include others in games, and say nice things. When lots of kids are kind, it makes it harder for bullies to keep being mean.

## DIFFERENT TYPES OF BULLYING

### • Physical Bullying

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



### • Verbal/Emotional Bullying

This includes name calling, using unkind words, talking about people behind their backs or 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



### • Cyber Bullying

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

