

Bullying is a serious issue which can stop you from feeling safe at school. The aim of this leaflet is to help you understand what bullying is, and to remind you how to get help.

What is bullying?

Bullying takes place when someone deliberately uses their power over you to make you feel bad. Bullying is not about having a 'one-off' argument or fight, or saying something bad to someone once when you are angry.

Bullying goes on deliberately (on purpose) over a period of time. If you feel hurt and upset because individuals or groups are persistently singling you out for unkind treatment, you are being bullied. It may be carried out in person or via the internet (cyber-bullying).

Bullying behavior may include:

- calling you names
- threatening you
- forcing you to give money/possessions
- hitting you
- damaging your possessions
- spreading rumours about you or your family
- making remarks of a personal nature (e.g. relating to your ethnic

background, religious faith, gender, appearance, or family) which attack your identity and your value as a person

How do we deal with bullying?

At Churchdown Parton Manor Junior School we believe that everyone is unique and special, and of equal value to everyone else. Therefore, we do not tolerate bullying in any form.

This is what we do about bullying:

- We make sure that the person being bullied is safe;
- we work to stop the bullying from happening again;
- we provide support for both the person being bullied and the person doing the bullying.

What should you do about bullying?

All the staff at Churchdown Parton Manor Junior School will take any requests for help very seriously. **If you are being bullied, you should talk to someone you trust and get them to help you take the right steps to stop the bullying.** If you know that your friend is being bullied, the best thing you can do for them is to talk to an adult about it and ask for help with sorting it out.

If you feel you are being bullied:

- Try to stay calm and avoid getting angry;
- Be firm and clear – tell the person who is giving you a hard time that you don't like what he / she is doing and ask for it to stop;
- Get away from the situation as quickly as possible;
- Tell an adult what has happened straight away or, if you do not feel comfortable telling an adult, tell a friend and ask him / her to get help for you;
- Keep on speaking until someone listens and does something to stop the bullying

If you have been bullied in the past, don't blame yourself for what has happened. Talk to an adult about it as soon as you can.

When you are talking to an adult about bullying be clear about:

- what has happened to you
- how often it has happened
- who was involved
- who saw what was happening
- where it happened
- what you have done about it already

Cyber-bullying

At Churchdown Parton Manor Junior School we believe it is very important that you learn to use the internet in a safe and sensible way.

Remembering and using the SMART rules will help you to do this:

1. **S is for 'STAYING SAFE'** – don't give out any personal information on the internet
2. **M is for 'MEETING'** – don't arrange to meet anyone that you have only been in touch with online
3. **A is for 'ACCEPTING'** – don't open any messages from people you don't know as they may contain viruses
4. **R is for 'RELIABILITY'** – remember that information on the internet may not be true or accurate, and people may lie about their age and who they are
5. **T is for 'TELLING'** – always tell your parents or another trusted adult if you are worried or feel uncomfortable about anything you see online

When the internet or a mobile phone is deliberately used to say or write hurtful things and to make someone feel unsafe, that is known as cyber-bullying.

Sometimes it may seem that cyber-bullying is less serious than face-to-face bullying because the people involved cannot see each other, but in many ways this makes it much worse. It is important that incidents of cyber-bullying are dealt with promptly. You should treat them in exactly the same way as you would any other kind of bullying.

The golden rule is to tell an adult about it and keep on telling them until someone has done something about it and the bullying stops.



Beating Bullying

A guide for pupils