



Anti-Bullying Guidelines

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Primary School's School
Councillors



What is bullying?

At our school, bullying is '*when someone upsets you, hurts you or destroys your property on purpose, over and over again, more than once*'.

Bullying can include:

Physical: When someone doesn't keep their hands and feet to themselves. Punching, kicking, hitting, pushing someone else everyday on purpose, or any other violence including damaging or taking someone's belongings.

Verbal: When someones feelings are hurt. Repeatedly teasing, name calling, leaving someone out or spreading rumours about someone.

Racist: When someone is made fun of because of their differences. For example because of their skin colour, ethnicity, culture or religion.

Cyberbullying: Repeatedly saying unkind things through text or the internet, deliberately to upset someone else. For example on Facebook or through emails.

Homophobic: When someone is bullied because they want to be in a relationship with someone of the same sex, or when someone might use homophobic language which might upset others. For example "That is so gay" or "You are so gay".

Sexist: When someone is made fun of because they are a girl or a boy. For example: "You can't play



Staying safe on the internet and on your phone:

- Think carefully about what you say about yourself and others online. Remember, once it is online, it is there forever. '*If you wouldn't wear it, don't share it!*'
- Tell your parents, carers, friends or a teacher if you feel uncomfortable or worried about anything that happens online.
- If someone insults you online or by phone, stay calm and ignore them. Replying may make it worse.
- Don't delete the messages, save them as evidence. You don't have to read them, but you should keep them as evidence.

	<p>football because you are a girl" or "You can't like pink because you are a boy".</p>	<p>There's plenty of online advice on how to react to cyber bullying. For example, www.kidscape.org and www.wiredsafety.org have some useful tips. Remember, it is never your fault. It can be stopped and it can usually be traced.</p>
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REMEMBER there is always someone who can help!

You are never alone and help will always be at hand. If you are getting bullied do the right thing and **TELL SOMEONE YOU TRUST!**



Who can I tell?

Teacher

Family member

Parent

Carer

Friend

School Council

Sports leaders

Rainbow/Beaver/Brownies/Guides leader

Any trusted adult

Any trusted friend

Childline 0800 11 11

<http://www.childline.org.uk>

Kidscape 08451205204

(<http://www.kidscape.org.uk/>)

If you are being bullied:

Do:

- Let someone you trust know what is going on—parents, teachers, friends, etc.
- Stay calm and confident
- Try to be firm and tell the bully to stop
- Tell the teacher everything that happened
- Think positively about yourself and be confident
- Try to ignore what they are saying
- Get away from the situation—just walk away
- Try to stay with a friend at school
- Think about what helps and what makes things worse—take some control
- Try to talk to the bully, maybe they don't realise how much they are hurting your feelings, or maybe the bully is angry about something

Don't:

- Hide it
- Think it is your fault
- show that you are upset or angry (remember that is what the bully wants)
- hit back or retaliate

What to do if you see someone else is being bullied?

- Don't walk away and ignore the bullying
- Let an adult know what is happening
- Tell the bully to stop if it is safe to do so
- Ask if everything is OK
- Don't stay silent or the bulling will keep happening
- Don't lose your temper

When you tell an adult about a bullying incident:

- be clear about what has happened
- tell them when, and how often it has happened
- tell them who was involved
- tell them where it happened
- tell them who saw what happened
- tell them anything you have done about it already

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| | <ul style="list-style-type: none">• ignore what is happening—you should tell someone! | |
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Here is our anti-bullying guidelines booklet for children and parents, including how our school deals with bullying:

