



Bullying is a type of child abuse and must be stopped	Everyone can help put an end to unhappiness caused by bullying	Victims need our support and understanding	Bullies must be helped to change their ways	Bystanders must report bullying and stand up to children who are hurting others
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Have you been bullied? Are you being bullied now?

If so, it was / is probably one of these types of bullying:

- Physical**
 - hitting, kicking, pushing, tripping up
 - taking belongings
 - writing graffiti about you
- Verbal**
 - name-calling
 - insults about your family
 - threats
 - spreading false rumours about you
- Emotional**
 - excluding you from a group
 - refusing to talk to you
 - insulting you about a learning problem
- Sexual**
 - unwanted touching
 - grabbing private parts
 - sexual comments
- Homophobic**
 - insults about your sexuality
 - gestures
 - name-calling
- Racist**
 - comments about your religion, nationality or skin colour
 - racist insults
 - refusing to work with you
- Electronic**
 - hurtful text messages
 - bullying on the Internet in chat rooms, on bulletin boards and through instant messaging services



Are you being bullied?

- Tell a member of staff straight away – try to find a quiet moment before school, at break, at lunchtime or at the end of the day and be prepared to tell staff all the details.
- Make sure someone at home knows you're being bullied and tell the person everything – share your feelings as well as the actions bullies are carrying out.
- Keep a log of what's happening to you, which should include the date, time, venue and description of the bullying, who carried it out and who witnessed it.
- Stay close to your friends in school and arrange places to meet them at break and lunchtime.
- The Library, Elm Grove Hall, Hill Road Hall and the Dining Hall are all supervised by staff at lunchtime so are safe places for you to be.
- If you're in physical danger, run to the nearest office and ask for help.
- Don't feel ashamed or guilty about being bullied – you have a right to come to school and feel happy and safe.
- Never ignore bullying and hope it'll go away – speak out, don't suffer in silence.

Are you a bully?

- Work hard to change your behaviour or run the risk of being excluded from school.
- Get help to look at the reasons why you bully (bullies often have problems of their own).
- Ask a member of staff to help you put into practice other ways of behaving.
- Let your friends know you're stopping being a bully and ask for their support.
- Tell someone at home about your behaviour and your wish to change.
- Look at the websites listed at the end of this guide for further help.



Do you know someone who's being bullied?

- Support the victim by giving them kind words and including them in your friendship group.
- Tell a member of staff what's going on, either in person or by writing down your concerns.
- Never turn a blind eye to bullying or join in for fear of becoming the next victim.
- If you feel strong enough to tell the bullies to stop, then do so and ask friends to help you with this.
- If you want to report bullying you've seen but don't want your name used, explain this to the member of staff.
- If you're ever worried that a student will harm himself or herself, tell a member of staff immediately.
- Remember that bystanders form the largest group in school so your combined strength can have a huge influence in getting rid of bullying.

Some useful websites for extra information

www.bullying.co.uk

anti-bullying materials for children

www.kidscape.org.uk

general advice on staying safe

www.successunlimited.co.uk

advisory site for parents

www.communitylegaladvice.org.uk

legal advice for charging bullies

www.cre.gov.uk

advice on racist bullying

www.stonewall.org.uk

advice and support for victims of homophobia

home.healthyschools.gov.uk

healthy schools campaign, of which anti-bullying forms a part