

Autumn 2016



Keir Hardie Primary School

Anti – Bullying Pamphlet



Make a
NOISE
about bullying

#ANTIBULLYINGWEEK

What Is Bullying?

We define bullying as '**deliberately hurtful behaviour, repeated over a period of time, where it is difficult or impossible for the victim to defend themselves**'.

The main types of bullying are:

- **Physical bullying** e.g. hitting, kicking, pushing, stealing property.
- **Verbal bullying** e.g. name calling, insulting, racist remarks, homophobic remarks, threats.
- **Emotional/psychological bullying** e.g. excluding someone from a social group, spreading rumours.
- **Online bullying** e.g. use of the Internet and [related technologies](#) (mobile phones) to harm other people, in a deliberate, repeated, and hostile manner.

Bullying can be carried out in person, by phone or text or via e-mail or social networking sites.

Signs of bullying

It is important for staff and parents to recognise the common signs that indicate a child may be being bullied. These may include:

- being frightened to walk to or from school
- not wanting to go to school
- becoming withdrawn
- being tearful with no obvious reason
- poor concentration
- beginning to do poorly in schoolwork
- coming home regularly physically hurt or with damaged clothes



What should I do if my child is being bullied?

You can discuss the anti - bullying leaflet with your child at home. You should also speak to your child's teacher or a member of the Senior Management Team. All allegations of bullying are taken seriously and dealt with immediately.

How can I help at home?

The most important things you can do to help your child to understand, help prevent and deal with bullying are:

- talk to your child to find out what they are learning about bullying in school.
- encourage and support them in trying out new skills they are learning at school.
- model using non - bullying behaviour yourself, and showing respect for other people.

How does the school address bullying?

- class discussions
- assemblies
- visits from outside agencies
- Friendship Friday
- Philosophy for Children and PSHE sessions
- by providing resources that deal with bullying issues e.g. fiction and non-fiction books.
- by treating all allegations seriously in accordance with local authority guidelines.
- by working in partnership with parents and pupils to try to find solutions.



Advice For KS1 Pupils

If you are being bullied you should:

- tell an adult - your teacher, your teaching assistant, the ladies in the playground, the ladies in the office, or your Mum or Dad.
- tell a friend or a playground buddy.
- talk about it in P4C/PSHE.
- don't fight back.

REMEMBER! - it **is** important to tell someone!

A bully can make you feel:

- sad
- worried
- scared

A bully is someone who might:

- call you names.
- hit or push you.
- take things from you.
- leave you out of games.



If you are bullying someone:

- you are making other children feel scared and upset.
- you might be upset or angry about something and taking it out on other children.
- you could talk to someone about what you are doing and how you feel.
- you could end up in a lot of trouble if you keep doing it.

Advice For KS2 Pupils

What is bullying?

These are some of the ways children have described bullying:

- being teased or called names.
- being hit, pushed or kicked.
- having money or other things taken from them.
- being ignored or left out.
- being picked on because of their religion or colour or where they come from.

If you are being bullied:

- You shouldn't feel ashamed about being bullied. It's not your fault - but it is important that you get help.

No one deserves to be bullied.

- Who can you talk to about what is going on? Do you have a friend or someone in your family you trust? Talk to them about what is happening and how it makes you feel. They might be able to help you to work out what you want to do next.
- Sometimes children tell someone that they are being bullied and it does no good - nothing changes. If this happens to you, don't give up!

Is there someone else you can talk to?

- Write down what has been happening and when and where it has happened.
- If it helps, draw a picture or write a song or poem about what is happening and how it makes you feel. It is important to feel safe.

Can you protect yourself from the bullies?

- Would it help to walk home with friends instead of on your own, or to ask someone to stay with you?

REMEMBER! - you **don't** have to put up with being bullied!

If you see someone being bullied:

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them talk about it with a teacher or another adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to?
- Even when there is a lot of bullying at school, sometimes teachers don't know about it. If they are going to be able to do anything about it, teachers need to be told what is going on.
- Could the School Council or Prefects help?



If you are bullying someone:

Even if you think bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.

- Sometimes people who bully are unhappy about something in their own lives. Maybe they are angry about something and take their anger out on other people by trying to be tough. If you are upset or angry about something, talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing.
- If you keep on bullying you could get into a lot of trouble.

PLEASE REMEMBER! - we are here to help.

Talk to someone, don't be afraid!

**STRONG
PEOPLE DON'T
PUT OTHERS
DOWN, THEY
LIFT THEM UP**

~ Michael P. Watson

Useful Contacts



Address

Freepost 1111
London
N1 0BR

Contact Number

0800 1111 (free)

Website

www.childline.org.uk



NSPCC

Cruelty to children must stop. FULL STOP.

Email

help@nspcc.org.uk

Contact Number

0808 800 5000 (free)

Website

www.nspcc.org.uk

