

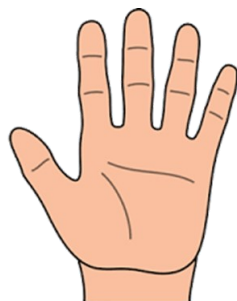
WHAT SHOULD I DO IF I SEE SOMEONE ELSE BEING BULLIED?



Be a **DEFENDER**! Defenders stand up for what is right and help those who are being bullied. They tell adults, are good friends and don't allow bullying in our school. Our Anti-Bullying Champions are amazing defenders so speak to them if you need help!

If you see someone being bullied, you can be an amazing defender if you do any of the following:

- **TELL** an adult straight away.
- **DON'T STAY SILENT** or the bullying will keep happening.
- Tell the bully to **STOP** if it is safe to do so.
- **STAY SAFE**—Don't try to protect the person physically as you might get hurt or could end up in trouble yourself.
- **COMFORT** the person who has been a victim of bullying and tell them to speak to someone. Reassure them that it isn't their fault.
- Tell one of your **5 TRUSTED ADULTS** or an **ANTI-BULLYING CHAMPION**.



IF YOU ARE BEING BULLIED, OR YOU KNOW SOMEONE
WHO IS, MAKE SURE YOU TELL SOMEONE!

★ TEXT 07781474660 STARTING WITH THE CODE 20960

★ PHONE 0845 225 8230, KEY IN THE CODE 20960

★ MESSAGE AT WWW.TELLBYTEXT.COM/REPORT_INCIDENT
AND ENTER THE CODE 20960



ANTI-BULLYING

HOW TO PREVENT BULLYING AT OUR SCHOOL

ALDERMAN RICHARD HALLAM PRIMARY SCHOOL



WHAT IS BULLYING?

At ARH, we want to make sure that everyone understands exactly what bullying is so that we can make sure it doesn't happen in our school. A bully is someone who hurts another person more than once using their words or actions.

- Bullying is **HURTFUL**.
- Bullying is **REPETITIVE**. It happens several times.
- Bullying is **INTENTIONAL**. It is done on purpose.
- There is an **IMBALANCE OF POWER**. Bullying can be done by an individual or a group but they have power over the child they are bullying.

Bullying is not:

- A 'fall out' with a friend.
- An accident.
- Something that only happens once.
- A one-off physical act of aggression e.g. pushing someone.



If you aren't sure if something is bullying, remember

S.T.O.P!

TYPES OF BULLYING

- **VERBAL**: name calling, spreading rumours, teasing
- **PHYSICAL**: pushing, kicking, hitting, spitting
- **SOCIAL**: ignoring, leaving someone out, embarrassing someone, bossing others about
- **MATERIAL**: damaging their things
- **CYBER**: saying unkind things by text, e-mail, online messaging or comments online



WHAT SHOULD I DO IF I'M BEING BULLIED?

Remember S.T.O.P! Start Telling Other People



DO:

Ask them to STOP, if you can.

Talk to an anti-bullying champion (ABC) - they are wearing hi-vis jackets!

Use eye contact and tell them to go away.

Ignore them and walk away.

Act as though you don't care what they say or do.

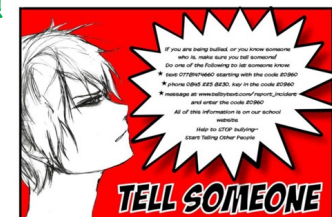
Talk to a friend.

Tell someone and get help straight away.

Use the classroom or school 'Worry Box' if you are too worried to speak openly about what is happening.

Remember it is NOT your fault.

TELL SOMEONE!



DON'T:

Get angry or fight back - try not to react.

Hit them.

Think it's your fault.

Hide it.

Do what they say.

We will always treat bullying seriously. We will talk to the bully and explain that they **MUST** stop being unkind to you. We will give out warnings or sanctions, work with the bully to help them to change their behaviour and will talk to parents and carers. Your teacher will check with you that things have been ok.