

What is Bullying?

Bullying is behaviour designed to make someone feel:

Unsafe or frightened

Different in a bad way and/or undervalued

Unable to do well and achieve

Unable to see a happy future

Alone or unimportant

Lots of things can make people feel bad, for example having an argument with friends. Sometimes it depends on the situation we are in, and it is not always bullying. Bullying is:

- **meant to hurt** – the person or people doing the bullying know what they are doing and mean to do it
- a **repeated** pattern of behaviour, not just a "one-off" incident



Types of Bullying

Physical: kicking, hitting, spitting, pushing, taking and damaging belongings, or threatening to do any of these things

Indirect: spreading nasty stories, gossiping, leaving people out, making them do something they don't want to, "dirty looks", offensive graffiti

Verbal: name calling, taunting, threats, offensive comments



Sexual: Unwanted or inappropriate touching, comments or messages



Cyber: nasty text messages, instant messages or emails, using social network sites to cause harm or embarrassment, sending nasty pictures or videos



Prejudice related: picking on people because of something different about them, like being gay, being a girl or a boy, the colour of their skin, where they come from, their religion, special needs, disability, health problems, who they live with etc.

What can you do?

At Kingsdown, we do not accept any kind of bullying. Bullying is NOT ACCEPTABLE and it is EVERYONE'S responsibility to prevent bullying.

You can try the suggestions below, but remember if they don't work: **IT'S NOT YOUR FAULT!!!**

1. Tell someone e.g. a member of staff

2. Try not to show that you are upset (this is difficult). Try to be positive and confident.

3. Walk away quickly and confidently (even if you are afraid on the inside)

4. Try not to respond by bullying them back

If you are being bullied...

5. Do something positive for yourself like joining a club or going to the cinema with friends

6. Stay with someone you trust at times and places where bullying often happens.

7. Keep attending school and tell someone if you are finding this hard.

8. Don't isolate yourself, speak to the Anti-bullying Ambassadors in school.

DON'T GIVE UP!!! It may not stop straight away, but keep telling others if it doesn't

ALWAYS TELL SOMEONE!!!

Telling someone about bullying can be difficult, but:

- We all have a responsibility to make sure that bullying is not allowed to continue in our school.
- **Telling is not grassing.**
- The school will deal with it fairly, sensitively and quickly. Teachers will tell you what is going to happen next and make sure that you can tell them how you feel
- **If nobody knows what is happening, nobody can help.** Not speaking means that the person being bullied will continue to suffer and the person doing it will carry on, probably choosing other targets too
- We all need to support each other - You might be helping others as well as yourself.
- Don't be embarrassed about feeling unsafe: **it's not your fault!**

Who to tell:

- **Your tutor or Progress leader** - This is probably the teacher who knows you best and can give you support every day. He or she can deal with the problem or contact another teacher on your behalf.
- **Any other staff or classroom teachers** - This could be anyone in the school that you trust. You could write it down for them.
- **A friend** - Sometimes, just talking about it helps. Your friends can look out for you and make sure that you are not alone. They can also help you to talk to someone else.
- **An older student** - This could be a Senior Student or anyone who is older and more confident. Maybe someone who gets on your bus or who lives near you.
- **An anti-bullying ambassador, or peer mentor** - These are other pupils who are trained to help with bullying. They will not talk to teachers unless you want them to.
- **Contact school on 01793 822284, or email cp@kingsdownschool.co.uk** and a member of staff will respond. They will do whatever they can to help, and if they don't know then they will know someone who can help you.
- **A parent or somebody you can trust.** If you don't want to talk to anyone at school, tell someone at home. They can help you to decide what to do next or talk to teachers on your behalf.

If you tell someone but you are still not happy with what is happening, tell someone else. Don't give up!

1. Don't ignore it, don't be a bystander

2. Tell someone e.g. a teacher or your parents

6. Always be honest and truthful about bullying even if it is not easy.

If you know someone who is being bullied...

3. Show people who are bullying that you don't like what they are doing. Don't be friends with them or include them in your group until they stop

5. Don't make teasing or hurtful remarks

4. Help and support others. Give the person a word or a look of support, even if they are not a friend of yours. Feeling unsafe can be very lonely.

Stand up against bullying



What else you can do about bullying?

Become an Anti-bullying ambassador

Join the student leadership team

Help run an assembly about bullying

What the school will do about bullying:

- We will investigate all incidents carefully and record it.
- We will always take reports of bullying seriously and listen carefully to what students say.
- We will be sensitive to the student's situation.
- We will offer the person being bullied and the person bullying a chance to talk about what happened and how to make it better.
- Parents / carers will be involved and informed of unacceptable behaviour.
- Detentions and exclusions may be used if necessary.
- We will provide support for the person being bullied and the person who has been bullying to help them tackle their difficulties
- We will continue to monitor the situation and check in with the students involved to find out whether anything has changed.
- We want students to be involved in our anti-bullying efforts, so we welcome suggestions, comments, and activities like running assemblies, getting involved with the student leadership team, and helping us review this policy.

Cyberbullying

Harassment

Humiliating photos or video clips

Stalking

Cyberbullying is bullying that happens using electronic forms of contact such as phones, emails or social networking

- It may be an extension of face-to-face bullying.
- It can invade your home, personal space and free time
- It is not a specific criminal offence but laws concerning harassment and threatening behaviour may be applied.
- Some incidents of cyberbullying may be unintentional and the consequences may also be unintentional.
- Bystanders or observers of cyberbullying may become perpetrators by allowing these actions to take place.

Threats or Intimidation in chat rooms or mobile phones

Unwanted texts or messages

Publicising private information or images.

For further support to help you stay safe online, click the link below.

<https://www.antibullyingpro.com/support-centre>

If you are being cyberbullied, or receiving abusive or worrying messages...

1. Do not ignore it: **Tell someone.**
2. Keep any bullying messages you receive as **evidence**. Make a note of the time and date they were received and any details you have about the sender.
3. **Do not respond with abusive messages** of your own. It is against the law. Replying could make matters worse and will confirm your e-mail address or phone number as a real one.
4. **Report it** to the sender's service provider, the people running the site or CEOP, or ask an adult to do so. They may be able to track the person bullying down. If messages are threatening or malicious and they persist, report them to the police and hand in the evidence you have collected.
5. **Be careful what you share.** Do not give your phone number, email address, or other details to just anyone, but only to those you trust. Never give out your name, photos of you, address, phone number, school name or password in an internet chat room. Use a nickname instead. Do not give your password to anyone.
6. **Stick to public areas** in chat rooms. Remember that it may not only be people of your own age in a chat room. Get out if you feel uncomfortable.
7. **Block** users who you don't know or trust. On your phone, consider turning off incoming messages for a couple of days. The person bullying may get bored if you do not respond and stop sending you messages. You could also change your phone number. Contact your Service Provider for details.
8. Use your voicemail to **screen calls**. Do not leave your name on your voicemail greeting, but use the automated system instead. It is anonymous.
9. If you get an abusive/silent phone call, do not hang up immediately. Put the phone down and walk away for several minutes. Then hang up and turn your phone off. The caller may get bored and stop.
10. Do not share others' secrets or share images of them. **Respect others' privacy.** You could be breaking the law by forwarding images.