

WHAT IS BULLYING?

Bullying can be hitting, kicking, spitting, throwing stones, pushing or getting someone else to do this.

USING WORDS

Bullying can be name-calling, spreading rumours, whispering behind someone's back. It can also be sending nasty or threatening text or e-mail messages.

HOW DO WE KNOW IF IT IS BULLYING?

Bullying is:

- Deliberate, hurtful behaviour.
- Repeated over a period of time.
- When a bully exercises power over someone and leaves them unable to defend themselves

At St Edmund Campion we say bullying is:

S Several
T Times
O On
P Purpose

STEALING

It is bullying if someone keeps taking or hiding your property.

DELIBERATELY UPSETTING SOMEONE

It is bullying if someone keeps using rude gestures, keeps ignoring you or keeps stopping you joining in. Staring and dirty looks can be used in bullying.

WHERE DOES BULLING HAPPEN?

Bullying can happen in the classroom, in the corridor, in the toilets, in the playground and on the way to and from school.

Bullying can happen anywhere.

The Pupil Bit

YOUR RIGHTS

Wherever you are you have the right to be safe.

HOW TO STOP BULLYING IN OUR SCHOOL

- Think about your own behaviour
- Don't get involved in any form of bullying
- Help everyone to join in with activities and groups.

IF YOU SEE SOMEONE BEING BULLIED

- Do not smile or laugh.
- Walk away and tell an adult

IF YOU ARE BEING BULLIED

- Don't blame yourself for what is happening.
- Look at them and tell them to STOP
- Get away as quickly as you can.
- Speak out or write a message for the WORRY BOX

At St Edmund Campion we say

S	Start
T	Telling
O	Other
P	People

KEEPING QUIET HELPS BULLIES

- Remember it's not your fault and there are people who can help you.
- Tell a member of staff
- Tell your family
- If you are scared, ask a friend to go with you.
- Keep on speaking until someone listens.

**KEEPING QUIET GIVES THE BULLIES POWER
BUT YOU CAN TAKE THAT POWER AWAY BY JUST TALKING**

HELP FOR YOU

If you talk to an adult they will:

- Listen to you
- Take you seriously
- Give you advice
- Take actions to make sure that you are SAFE.

Take action to make sure there is no more bullying.

The Parent Bit

WHAT CAN PARENTS DO?

If your child is bullied:-

- Listen calmly to your child and take what he/she says seriously
- Reassure your child that it is not his/her fault
- Make a note of what happened, when and who was involved
- Tell your child that you will find ways to ensure his/her safety
- Make an appointment to see your child's teacher
- Keep in touch with the school
- Let the school know if things improve or if there are any further incidents
- Do not confront the other child or the parents yourself – work with the school staff.

HELP TO PREVENT BULLYING

- Talk to your child about how they treat others
- Encourage your children to think about how others feel
- Tell them that they can help to stop bullying by being kind to all other children
- Bullying behaviour can happen at any age – check your own actions
- Lead by example – think before you tease.

TOGETHER WE CAN STOP BULLYING