

Show the victim kindness and stick up for him/her. Point out to the bully that he/she is bullying and that they are being mean.



Don't ignore bullying because it doesn't involve you. Watching someone being bullied and enjoying it is the same as bullying someone yourself.



What do I do if I am bullied?

Bullies will often accuse you of 'snitching' if you expose their unkindness. This is a bully's method of getting away with making somebody else's life miserable.

You must tell someone. There are posters in every dorm and in the phone boxes and public areas which give you help and advice about how to talk to someone.

In the Boarding House, you could talk to:

The Housemaster (Mr Glitherow)

The Head of Byron House (Miss Pipe)

The School Nurse (Nurse Steph)

The Headmaster (Mr Chippington)

Assistant Head of Senior House (Mrs Bedford)

A gap student, your 'buddy' or a friend

Someone in your Safety Circle

There are also many adults in the Day School who you can talk to, as well as our Independent Listener and outside contacts such as Childline and our Local Area Designated Officer. All details are posted in your dorms.

What will the school do if I am bullied?

We will stop the bullying by talking to you and the bully and then to your parents and the bully's parents.

We will listen to all your concerns about bullying and we will put a plan together to protect you in the Boarding House. The bully will be sanctioned and the bullying will stop.

Saint John's

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Boarding House Anti-Bullying Information for Boarders

**Are you being bullied?
Find out what to do inside.**



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What is Bullying?

Bullying is anything that hurts or upsets someone, again and again. It makes them feel lonely, unhappy or afraid. We are a caring community in the Boarding House and we are very good at considering other people's feelings and at being kind. It is important, however, that we remind ourselves about bullying so that we can always be ready to **identify it** and **stop it**.

Bullying can be physical, such as:

Hitting or kicking or shoving

Taking or hiding someone's things

or any physical action intended to hurt another boarder's feelings.

Bullies might use words to tease about someone's:

Clothes

Appearance

Intelligence

Skills/Weaknesses

Nationality/Culture

Family/future school choice



Bullies can use words to scare.

They do this by shouting or whispering threats or unkind things or by writing cruel things.

Bullies are more likely to strike when their nasty behaviour is hidden, such as in a Dorm or a changing area, when the victim and the bully are alone.

Bullies could also use technology to hurt – this is easy for them because they can send these messages privately.

This is called Cyberbullying and could be the wrong use of email, texts, messaging, forums, web-cams, camera phones, or sites such as Facebook.

Bullies can **exclude or ignore** their victim and they encourage others to do the same.

For example:

They leave people out of games.

They refuse to co-operate or share.

How do bullies act?

Sometimes they act alone or sometimes in groups.

Bullies often get others to do their bullying for them - they have the ideas but don't want to get caught bullying.

Bullies are often clever in their nasty behaviour - they might even appear to be popular.

Bullies like having power over people.

What do I do if I see someone being bullied?

You must help the victim and support them.

Encourage them to speak to an adult or speak to an adult for them.

You know that bullying is wrong, so if you see something happening, have the courage to be kind - reassure the victim.

