

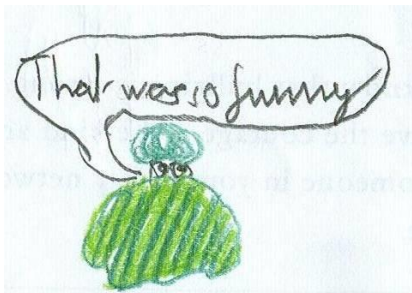
How do I support someone?

- Seek the help of an adult in your safety circle/network.
- Show the victim kindness.
- Stick up for him/her.
- Point out to the bully that he/she is bullying.



Don't ignore bullying because it doesn't involve you.

- Don't enjoy bullying
- Watching someone being bullied and enjoying it is much the same as bullying someone yourself.



What do I do if I am bullied?

TELL SOMEONE YOU TRUST

- a friend or an older pupil
- a teacher or tutor
- a school nurse or secretary
- your parents, Mrs Bedford, Mr Chippington, Miss Worthington or Miss Pipe
- www.thinkuknow.co.uk
- phone **Childline** 0800 11 11
- **NSPCC** 0800 800 500

What will the school do if I am bullied?

THE SCHOOL WILL SUPPORT YOU.

We will try to 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 of action in place to care for you.

If the bullying does not stop after efforts have been made to stop it, bullies can expect to be disciplined.

Saint
John's
college school

ANTI – BULLYING INFORMATION FOR PUPILS

**Are you being bullied, think that you may be a bully or have witnessed bullying happening?
Find out what to do inside.**



What is Bullying?

Bullying is anything that intends to hurt or upset someone again and again. It makes them feel ashamed, unhappy or afraid.

Bullying can be:

PHYSICAL

- Hitting
- Kicking
- Punching
- Biting
- Pinching



OR ANY ACTION INTENDED TO HURT SOMEONE'S FEELINGS

Bullies can use words to tease about someone's:

- Personal Choices
- Colour/ Race/Religion/family
- Gender/sexual orientation/ Looks/Shape/age
- Intelligence/Disabilities/Skills
- Nationality/Culture

Bullies can use words to scare

They do this by shouting and/or threatening or even by e-mail/text messages.

Bullies can use technology to hurt

This is called cyberbullying and could be the wrong use of email, texts, messaging, gaming sites, web-cams, camera phones, sites such as Facebook, Instagram and Snapchat.

Bullies exclude people and encourage others to do the same:

- They leave people out of games
- They refuse to co-operate or share.

How do bullies act?

- Sometimes alone
- 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.

What do bullies look like?

- They come in all shapes and sizes, all ages, boys and girls, men and women.
- Bullies are not always obvious.
- Sometimes they might even appear to be popular.

Bullies like having power over people



What do I do if I see someone being bullied?



Support him/her—don't only support your friends or your class.

Support all victims, even those you may not like.

You know that bullying is wrong. Try to have the courage to be kind and tell someone in your safety network/circle.

What do I do if I think I may be a bully?

Asking that question is a massive step, well done for asking for help. You may be bullying or picking on someone else for a number of reasons, even ones that you can't think of right now. If you think you are becoming a bully, go and talk to a teacher, your parents or someone you can trust. They can help you work out why you feel you need to be unkind to people and help you through it.