

IF YOU'RE BEING BULLIED

1

Tell
someone
you trust

2

Keep a
record of
what's
happening

3

Don't
retaliate

4

Surround
yourself with
people that
make you feel
good

5

Don't blame
yourself -
it is NOT
your fault

6

Be proud
of who
you are

Anti-Bullying
Alliance

IF SOMEONE TELLS YOU THEY'RE BEING BULLIED



Listen



Praise them for
speaking out!



Calmly work
with them to
resolve the
problem



If needed get
help from a
trusted person

What will happen next?

We are a **TEAM**. You will be listened to and your trusted adult will ask you questions to find out more. You must be **HONEST** so that they can help. We will record this information and share it with adults who need to know.

We will then **investigate** by speaking to people involved and work out a **plan** to help everyone. This plan will **support** you in feeling safe and give support to others involved too. Adults in school will check with you to see the plan is working, to ensure that everyone on our team is being **safe, respectful and ready to learn**.



Pupil Anti-Bullying Policy



On TEAM BOWSLAND we are...

Safe



Respectful



Ready to Learn



Rude, Mean or Bullying?

When somebody says or does something that is **unintentionally** (by accident) harmful and they do it once, that's **RUDE**.

When someone says or does something **intentionally** (on purpose) hurtful and they do it once, or you do it back, they are being **UNKIND** and **MEAN**. Eg:



Saying unkind things



Threatening others



Taking others belongings



Hurting others physically



Isolating others from their friends



disrespectful, then adults will make decisions to support pupils to change their behaviour.

If someone says or does something that is **intentionally** hurtful, and they keep doing it, **even if you ask them to stop** and show them that you are upset, **and there is an imbalance of power** that is **BULLYING**.

Bullying is not acceptable on Team BG.



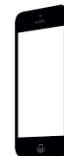
If the unkind or mean behaviour doesn't stop,

TELL AN ADULT

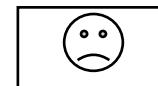
- Class teacher
- Any teacher
- Lunch break staff
- Anti-bullying ambassadors
- Adults at home
- Any other adult in school

What is Cyber bullying?

Cyber bullying is when someone shows this behaviour on either social media, on the Internet or through texts or emails:



Sending unkind texts



Talking about you or sharing photos without your permission knowing



Making unkind or threatening comments on social media

adults at home will monitor your devices to ensure everyone is safe and respectful, and to help you fix problems. You can also tell an adult in school, who will help.