

Stand against bullying and bullies

at

Alexandra Primary School

Remember,

Being bullied does not have to be a part of growing up.

Don't put up with it!



We are a Rights Respecting School (UNICEF) and the UN Convention of the Rights of the Child are embedded into our ethos and curriculum.

At Alexandra Primary, children are taught the following message:

S.T.O.P.

Bullying is if someone does something unkind to you

Several
Times
On
Purpose

If someone does bully you, you must

Start
Telling
Other
People



It's OK to get help

Choose Respect

1. What is bullying?

Bullying is actions or words that are intended to hurt. It is something that happens over time.

Bullying can be:

Physical

hitting
kicking
punching
biting
pinching

or any action that is done with the intention of hurting you

Verbal

Bullies can use words to tease someone. These could be unkind words about someone's:

looks
skills
understanding
nationality
race
religion
family or home life

Isolating

Bullying can be actions that try to exclude people and encourage others to do the same. They might leave people out of games, won't share books, lend pencils or sit with them.

Deliberately ignoring, starting rumours or excluding someone from a friendship group can be bullying.

Bullies can use words to scare others by shouting or threatening.

Bullying can happen **in person** or **online**. If it happens online we call this **cyberbullying**.

2. 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 in to trouble if they get caught.

There are lots of different roles that people might take on when bullying happens:

- The **target** is the person who is being bullied.
- The **ringleader** starts and leads the bullying.
- The **assistant** is involved in 'doing' the bullying, but doesn't lead it.
- The **reinforcer** supports the bullying, might laugh or encourage what going on, but doesn't 'do' it.
- The **defender** stands up for someone being bullied. They know that bullying is wrong and feel confident enough to defend, this should be by talking to an adult in school.
- The **outsider** ignores or doesn't see the bullying and doesn't want to get involved.

3. What do bullies look like?

Bullies come in all shapes and sizes, all ages, boys and girls, men and women.

Bullies are not always obvious and some are very good at hiding their actions from others. Sometimes they appear to be popular, but sometimes they can be quite lonely.

Bullies like having power over people.

4. What do I do if I see someone being bullied?

Stand up for them—don't just support your friends or class if they are doing something that you know is wrong like bullying. Help all targets of bullying, even if you don't really like them. Imagine how you would want to be helped if you are ever a target of bullying.

5. How do I stand up for them?

- Get an adult to help
- Be kind to the target of the bullying
- Tell the bully that what they are doing is wrong

Don't ignore bullying just because it does not involve you. Remember the different roles—**be the defender**.

Don't be the reinforcer who watches someone being bullied and laughs. This encourages the bully to do it again and makes the target feel even worse. Watching someone being bullied and enjoying it is as bad as bullying someone yourself.

If you are being bullied or you see someone else being bullied, tell someone you trust such as:

- Your parents
- A friend
- A teacher
- Any adult in school

6. How might I feel if I am being bullied?

If you are bullied it is normal to experience a wide range of feelings. These may include: **fear, anger, low self-confidence, sadness or embarrassment**.

Remember if you do ever feel this way, there is always hope. Support from others will help you through it.

7. What will the school do if I am bullied?

The school will support you. Adults in school will work with you to try to stop the bullying. They will talk to you and to all of those involved.

We will talk to you about what you would like to happen next to put a stop to the bullying.

We will offer you some support if you need it. This could be time with Mrs. Bird or another adult in school to help you to talk about how you might be feeling and share any worries you have. It could be help with your friendships so that you have support from other children in school

It may be necessary to speak to your parents so they can help to support you. We will also speak to the parents of the other children involved too.

If the bullying does not stop after things have been put in place to stop it, we may ask other people to come to school to speak to the bully or they may be excluded from school.

Other places you can get support if you are being bullied.

- The talk to me box
- www.childline.org.uk
- www.youngminds.org.uk



Alexandra
Primary School

Aspire, Perform, Succeed

Anti-bullying

Working in Partnership with Parents and Children



Name: _____

Class _____