

Things we do in school to reduce bullying:

- Lessons in class
- Assemblies
- School Council
- A school 'Worry Box'
- Anti-Bullying Ambassadors
- Learning about internet safety
- Yearly events: Anti-Bullying, Mental Health Week, E-Safety
- Clear rules and guidance

Becoming an Upstander looks like this:

Taking action by telling the bully to stop

Taking action by getting others to stand up to the bully with them

Taking action by helping the victim.

Taking action by shifting the focus and redirecting the bully away from the victim

Taking action by telling an adult who can help

Useful Sources of Information and Support

Childline

Internet: www.childline.org.uk

Telephone: 0800 1111



NSPCC:

NSPCC | The UK children's charity | NSPCC

Telephone: 02078252500

NSPCC

EACH:

Homophobic Transphobic Helpline - EACH | EACH

Telephone: 0808 1000 143



A Children's Guide to Anti-Bullying



We are a 'telling' school!
We choose respect!

Bullying can be:

- Hitting or saying you are going to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

What should I do?

- Tell someone you trust
- Tell an adult at home
- Write a note in the 'Worry Box' in your classroom
- Tell a friend
- Inform an Anti-Bullying Ambassador

Bullying can be about:

Race or ethnicity (racist bullying)

- Religion or belief
- Family and culture
- Sexist bullying, which is bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- Homophobic or biphobic bullying. This is saying unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example 'you're so gay!'
- Transphobic bullying. This is saying unkind things because someone is trans, or because you think they are trans, or being nasty about trans people (someone who feels the gender they are given as a baby doesn't match the gender that they feel themselves to be).
- Special educational needs or disability
- What someone looks like
- Where someone lives

Anti-Bullying Ambassadors



We expect our children to follow our core school values of kindness. However, we recognise that sometimes children can be unkind to each other and in some rare cases this can lead to bullying.

The Anti-Bullying Ambassadors programme provides our children with the opportunity to work together to raise awareness and offer support to combat bullying.

Anti-Bullying Ambassadors (ABAs) help educate their peers on bullying, lead on anti-bullying campaigns, promote a culture which celebrates and tolerates difference and help keep their peers safe both online and offline.

If you are interested in becoming an Anti-Bullying Ambassador come and chat to Miss Sergeant.