

TELL SOMEONE:

In school it is important to have a trusting atmosphere where anyone who is being bullied or who is witnessing bullying will be listened to. Action will be taken to solve the problem in a quick and sensitive manner.

If you choose to tell an adult it can be direct and open, or you can be anonymous if that makes you more comfortable.

WHAT HAPPENS NEXT?

Although each case is treated differently, it is important to know:

- ⇒ Bullying behaviour is unacceptable
- ⇒ Everything is carefully recorded
- ⇒ Revenge is inappropriate

ADVICE TO STUDENTS:

- ⇒ You all have a right NOT to be bullied.
- ⇒ DO NOT feel ashamed if you are being bullied.
- ⇒ Report bullying straight away.
- ⇒ DO NOT be a bystander.
- ⇒ Tell someone you trust straight away.
- ⇒ Ask parents, family members, or school staff for advice and help. If you are too scared to go alone, take a friend with you.
- ⇒ Keep on speaking up as long as bullying continues.



A GUIDE FOR STUDENTS BY STUDENTS



AIMS OF THIS LEAFLET:

- ⇒ To ensure you are able to work in a safe and secure environment without feeling humiliated, harassed or abused.
- ⇒ To make sure everyone knows bullying isn't acceptable and isn't encouraged.

To make sure you, parents, staff, governors and others are aware of the anti bullying policy and understand that appropriate action will be taken.



WHAT IS BULLYING?

Bullying is repeated behaviour which can make the victim feel uncomfortable or threatened, whether it is intended or not.

Bullying is about power. Victims may feel powerless to stop it. Others, such as parents or bystanders may feel powerless to know how to help.

POSSIBLE SIGNS OF BULLYING:

- ⇒ Changes in behaviour e.g becoming shy or nervous more often, pretending to be sick frequently or being clingy to adults.
- ⇒ Suffering schoolwork, such as a drop in grades or a lower standard of work in general.
- ⇒ Lack of concentration.



SOME TYPES OF BULLYING:

Physical Bullying: This type of bullying basically involves the use of physical force.

Verbal Bullying: This type of bullying incorporates the use of words to carry out an act of bullying.

Emotional Bullying: This type of bullying is the act of a bully attacking a victim on an emotional level.

