

What is bullying?

'Bullying is behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.'
(from Safe to Learn, DCSF 2007)

Bullying behaviour has 3 things in common:

- It is deliberate, hurtful behaviour
- It is repeated over a period of time
- It is unfair; the person doing the bullying is stronger or more powerful (or there are more of them) and it is difficult for the victim to defend themselves

Bullying may involve one or more of the following behaviour:

- **Physical**—hitting, kicking, taking things
- **Verbal**—name calling, teasing, threats, insulting remarks
- **Indirect**—spreading nasty stories about someone, excluding someone from social groups, using gestures that cause fear
- **Cyber-bullying**—sending hurtful messages by text or email, posting hurtful remarks on social network sites

What children can do?

Tell an adult at school

Tell the bully to stop

Go with your friend to tell an adult

Use the worry box

Stand up for your friends

Go to Squabble Squashers

What should adults do?

Ensure all children know bullying is unacceptable

Encourage children to 'say no' to bullying

Discuss bullying regularly, at home and at school

Identify and monitor children at risk

Share concerns with school staff immediately

Listen carefully to all the children involved

Not make assumptions

Keep a written record

Share our anti-bullying policy with all new staff

Acknowledge the difference between bullying and children exploring social boundaries

Give guidance & support to the victim and perpetrator



Leverstock Green CE Primary School

Anti-Bullying Information

Written by the Change Team



Stop!
Stop!
Stop!



Being A
BULLY
DOESN'T
MAKE
YOU A
Friend