



Where else can I get support?



www.anti-bullyingalliance.org.uk

The Anti Bullying Alliance website is full of useful tools and information for both carers and children.



www.childline.org.uk

Information and advice available online, along with free phone support.



A Guide to Anti-Bullying

For Carers and Children

What is bullying?

Bullying is when someone hurts someone else more than once, by using behaviour which is meant to hurt, upset or frighten another person. Bullying can happen to anyone.

Emotional

Hurting people's feelings or deliberately leaving people out.

Physical

Using your body or object to cause harm to another person.

Verbal

Name calling or teasing someone.

Cyber

Saying unkind things by text, email or any social media such as Facebook or Snapchat.



When is it bullying?

At Simpson's Lane Academy, we use the word STOP to explain what bullying means.

Several

Times

On

Purpose

Bullying of any kind is not tolerated and will be treated seriously.

What should I do if I'm being bullied?

- Ask them to leave you alone
- Try not to get angry or look upset
- Don't hit or hurt them back
- Walk away
- SPEAK OUT

You can tell any adult in school - the adults at Simpson's Lane work together to make our Academy somewhere where everyone feels safe.

There are also Worry Boxes in every classroom.

You must not think it is your fault, or worry about what people will think.

ALWAYS TELL SOMEONE!



What will happen next?

Pupils who have been bullied will be supported by the Well-being Team who will:

- provide an immediate opportunity to discuss concerns
- offer support and reassurance
- restore self-esteem and confidence

Pupils who have bullied will work with the Well-being Team to:

- discuss what has happened
- discover why the pupil became involved
- establish the wrong doing and need to change

Carers will always be kept up to date if their child is involved in any bullying situation.