

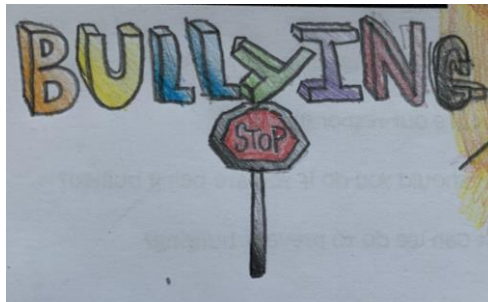
Holbrook Primary School: Let's stamp out bullying



Our guide to what bullying is
and what we can do about it.

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What are our rights?

Everyone deserves to be treated fairly- rights help make sure this happens. We have decided in our school that everyone has the right to...

be treated fairly

have friends

feel included

be listened to

feel good about themselves



1. What is bullying?

Bullying isn't falling out with friends, even if they are being mean to you!

Bullying is when someone who seems more powerful than you sets out to make you feel bad, not just once or twice, but over and over. Sometimes, a person can seem more powerful than you because:

- People are scared of them
- You are a shy or quiet person
- They seem to be popular or because people listen to them

If you are frightened by the way someone treats you and if they deliberately try to make you feel scared or upset, this is bullying.

Bullying can be:

- Name calling, insulting or threatening
- Hurting someone
- Damaging or hiding someone's things
- Leaving someone out on purpose
- Whispering about someone or laughing at them
- Making them do things they don't want to do
- Saying unkind things online



2. How does bullying make you feel?

We talked about how bullying can make you feel:

sad and upset

Worried or
scared

embarrassed

Like it's your own fault

That you aren't good enough

That you have no-one
to talk to



3. What are our responsibilities?

Every single person at Redhill has a responsibility to make sure no-one is bullied.

Adults in school should:

- Listen to children if they are upset
- Talk to the adults at home if there is a bullying problem
- Sort out any bullying issues
- Keep an eye on children to make sure bullying doesn't carry on after problems have been sorted out

Children in school should:

- Make sure that they aren't stopping anyone else's rights to be happy and feel safe at school
- Don't be a bystander – don't ignore it if someone is being mean, and don't join in
- Tell an adult if you see something that you know is not right
- Watch out for people who might be upset- use your 'people smart' skills!

4. What can you do if you are being bullied?

- Talk to an adult in school
- Put a note in the worry box
- Tell your parents



Bullying is not your fault!

No-one should have to change what they do or how they behave because of bullying. Having some tools to help you are being bullied can make you feel better and more in control though. Try these – practise them at home so you feel confident enough to use them if you need to.

Be **ASSERTIVE**. That means, if someone is bullying you, don't stand for it! A bully isn't better than you. Being assertive doesn't mean insulting someone back – that can just make a situation more difficult. Instead, try:

- Saying 'No' or telling someone to stop it. Practise this with an adult or friend if you feel nervous. This will help you feel more confident
- 'Fogging' – This is like swallowing up an insult. Try, "You might be right" or "I suppose that's possible." When an insult doesn't hit home, it's hard for someone to keep it up!
- Be creative – a funny or surprising response can catch a bully off guard! Try out some responses with an adult or friend.

5. What can we do to prevent bullying?

Holbrook is a school where we make it very difficult to be a bully. Here's what we do:

- We will **SPEAK OUT** if we see something that is wrong
- We will remind each other to speak and act positively towards people in the school
- We look for people who might feel left out and try to include them
- We use our social skills to check on each other, so we know if anyone is worried or upset.
- We **TALK ABOUT** bullying so everyone knows what to do and what to look out for.



This booklet was
produced by:

The children of
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