

# Tow Law Millennium Primary School

## Anti-Bullying Advice Booklet



# School Buddies

## 2019

# Am I being bullied?

## Answer these questions:

1. Are you constantly or repeatedly made to feel unhappy or upset by another individual or a group?
2. Has this been happening for a while?
3. Do you have control of the situation?

If your answer is “yes” to questions 1 and 2 and “no” to question 3, then there is a good chance you are being bullied.






### *Bullying can involve*

- *Name calling*
- *Hitting, pushing, crowding*
- *Leaving people out*
- *Taking or damaging your belongings*
- *Threatening looks*
- *Nasty jokes*

Bullying can affect both boys and girls. Verbal and emotional bullying is just as serious as punching or kicking.

# Am I a bully?

Do you get involved in any of these situations:

-  Where another person is pushed around or made fun of?
-  Where another person is called names?
-  Where another person is deliberately left out, or not allowed to join in?
-  Where another person is made to feel threatened?
-  Where another person has things taken from them without their permission?



If your answer to any of the above is “yes”, then you could be a bully.

## Remember

*You do not have to have started it to be a bully. Just being there and supporting what is going on is enough.*

# Why am I being bullied?

You may be bullied because you are:

-  *Able or academic*
-  *New to school*
-  *Disabled or disadvantaged*
-  *Bereaved*
-  *Having family problems*
-  *Have different coloured skin or religious beliefs*

## ***Remember!***

***Everyone is different! There is nothing wrong about being different to other people. The bully wants you to feel bad about yourself, but never start to believe that what they are saying about you is true, or that it is your fault.***

# Why does the bully do it?

Bullies are selfish! Generally, their reasons for bullying have nothing to do with you and are just a way of getting what they want. This could be for:



**Enjoyment**



**Attention**



**Confidence**



**Power**



**Entertainment**



**Street cred**

***Bullies are often deeply insecure and may have problems of their own, such as family problems, or may be victims of bullying themselves. However, this is not an excuse. No one has the right to degrade other people in order to feel better about themselves.***

***Mostly bullies are other children, they may be older, younger, or the same age as you. However, sometimes the bully may be an adult – a parent, teacher, relative or other person you may meet regularly. In these situations, it is even more important that you tell someone.***

# Speaking out about bullying

Some people pretend bullying does not exist. This can be hard, but if you speak out, people cannot ignore it! Speak out about bullying, talk about what is happening and how it makes you feel. Sometimes it is easier to write or draw rather than talk. You could show an adult or a Buddy your drawings.

You can report an incident of bullying to a Buddy, using our Buddy Box or speak to Mrs Jackson, Headteacher. When reporting an incident, be clear about:



*What happened?*



*How often has it happened?*



*Who was involved?*



*Who saw it happen?*



*Where it happened?*



*What have you done about it?*

***All incidents are recorded on a form (kept outside of Mrs Jackson's office) and are taken into the Buddy meeting on a Wednesday. They are discussed and strategies agreed. All reports are retained in the Anti-bullying File.***

# Getting help

## To tell or not to tell?

The best way to stop bullying is to bring it out into the open by talking about it. You might feel afraid of what might happen if you tell someone, or feel that the bullying might get worse. Most bullies are cowards and the main thing that the bully wants is for the bullying to be kept secret. If you tell, they are likely to be too scared to continue.

## Whom to tell?

### *The Bully:*







If this is a relatively new problem, it may be that the bully doesn't know that what they are doing is hurtful to you. They may think that they are just teasing you or playing with you. If you tell them, they may just stop. However, if the problem is more serious, you should think of whom to tell next.

### *Other friends:*





Friends in your class, or friendly older students, may be able to give you support and advice. You may also go to our Buddies. However, they may not have the power to stop the bully, so an adult may still need to be informed.

## **Adults:**

Think about an adult whom you trust, and find easy to talk to; this might be:

-  *Your parents*
-  *A teacher*
-  *Mrs Jackson*
-  *Mrs Williams, our school Caretaker*
-  *Mrs Kelly or Mrs Scott in the Office*
-  *One of our Lunchtime Supervisors*

***If you do not feel comfortable talking to a family member or an adult at school, there may be other adults that you can talk to, such as:***

-  *Leader of a group such as Brownies, Cubs or the Youth Club*
-  *Someone from church*
-  *A neighbour*
-  *A friend's parent*

***Whatever you decide to do:***








**DO NOT SUFFER IN SILENCE!**

*Remember if no one knows you have a problem, they cannot give you any help or support.*









# Do's and Don'ts for children

## Do:

-  *Support and befriend the victims of bullying*
-  *Support friends when they are being bullied*
-  *Help others to have confidence to tell someone*
-  *Think of other people's feelings*
-  *Be aware of bullying and look out for it*
-  *Report it, if you witness bullying*
-  *Find out what our School Policy says about bullying – look at our Respectful Relationship and Anti-bullying Policy ([www.towlaw.durham.sch.uk](http://www.towlaw.durham.sch.uk))*

## Don't:

-  *Ignore the problem*
-  *Join in when everyone else seems to*
-  *Join in because you're frightened you might be picked on*
-  *Don't pick on others or tease*
-  *Name call*
-  *Keep quiet about bullying*

## Other things you can do:

- ✓ *Avoid situations where you might be alone*
- ✓ *Try to avoid places where the bully might be*
- ✓ *Change your route to school if that is when you might get bullied*
- ✓ *Think positively about yourself*
- ✓ *Practice being confident*
- ✓ *Think about what helps and what makes things worse – take some control of the situation*
- ✓ *Keep a record of what is happening*
- ✓ *Write notes in your journal – you may wish to share this with a Buddy or an adult*
- ✓ ***SPEAK TO SOMEONE** – page 7 “Getting help”*

## Support Organisations

ChildLine  
0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

If you need help, call **ChildLine** day or night or write to them at:  
Freepost 111, London, N1 0BR.

Samaritans  
116 123 [www.samaritans.org.uk](http://www.samaritans.org.uk)

If you are feeling depressed or alone, or need some advice, call **The Samaritans** 24 hours a day or Email [jo@samaritans.org](mailto:jo@samaritans.org) or write to:  
Freepost RSRB-KKBY-CYJK, PO Box 9090, Stirling, FK8 2SA

NSPCC  
[www.nspcc.org.uk](http://www.nspcc.org.uk)

A charity protecting the rights of children, they can provide useful advice.

Citizens Advice Bureau  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Although they do not specialise in bullying they will be able to provide you with useful advice, and point you in the right direction.



There are other organisations you might want to contact, especially if the bully is an adult and if the problem is serious:

- The Police, or
- First Response Service (Social Services).

**Remember NEVER call the police unless it is a real emergency.**

