

Anti-bullying information sheet for pupils

Is it bullying?

It is bullying if you feel hurt because of things said about your ethnic background, religious faith, gender, sexuality, disability, special educational need, appearance or issues in your family. It is bullying if you feel hurt because individuals or groups are:

- *calling you names*
- *threatening you*
- *pressuring you to give someone money or possessions*
- *hitting you*
- *damaging your possessions*
- *spreading rumours about you or your family*
- *using text, email or web space to write or say hurtful things (cyberbullying).*

We do not tolerate bullying at Rishworth School. This is what we do about bullying:

- *train teaching staff, non-teaching staff and prefects to identify and deal with incidents of bullying*
- *through lessons and assemblies, make pupils aware of what is acceptable and what is unacceptable behaviour*
- *make sure that any person being bullied is safe*
- *work to stop the bullying happening again*
- *provide support to the person being bullied.*

What should you do?

Talk to someone you trust and get them to help you take the right steps to stop the bullying. If you feel you are being bullied:

- *try to stay calm and look as confident as you can*
- *be firm and clear — look them in the eye and tell them to stop*
- *get away from the situation as quickly as possible*
- *tell an adult what has happened straight away or, if you do not feel comfortable telling an adult, tell another pupil.*

If you have been bullied:

- *tell a teacher, another adult or a prefect in School*
- *tell your family*
- *if you are scared to tell a teacher or an adult on your own, ask a friend to go with you*
- *keep on speaking until someone listens and does something to stop the bullying*
- *don't blame yourself for what has happened.*

When you are talking to an adult about bullying be clear about:

- *what has happened to you*
- *how often it has happened*
- *who was involved*
- *who saw what was happening*
- *where it happened*
- *what you have done about it already.*

Bullying thrives in a climate of secrecy

- ***Tell someone if ever you feel you have been subjected to hurtful treatment or words.***
- ***Tell someone if ever you witness someone else being subjected to hurtful treatment or words.***
- ***This is not 'sneaking'. It's not 'grassing'. It's being a responsible member of a caring community.***
- ***If you do not tell someone who is in a position to help, the problem is unlikely to go away.***
- ***If you do tell someone, you put the School in a position to do something to help.***

... Also, the bully's cover is blown - they are exposed and have nowhere to hide. So you help stop recurrences of bullying - in your own regard and generally.

If you find it difficult to talk to anyone at school or at home, ring ChildLine on **freephone 0800 1111**. This is a confidential helpline.