

Be a buddy not a bully!



Let's Stop Bullying Together

*Bullying is always wrong
and will not be tolerated at
Harvey Road School*

THINK before you speak

- T – is it true?**
- H – is it helpful?**
- I – is it inspiring?**
- N – is it necessary?**
- K – is it kind?**



- *For more information, please read our behaviour and anti-bullying policies available on our school website*
- *Please watch the video made by our School Council offering advice on what to do if you feel you are being bullied*

***Help us to make a stand
against bullying***

Written with our School Council 2019

At Harvey Road, we believe:

- Everyone has the right to learn in a safe, friendly environment
- Everyone has the right to be happy
- Everyone has the right to be who we are

What is bullying?

- When someone says or does something **unintentionally** hurtful and they do it once: *that's rude*
- When someone says or does something **intentionally** hurtful and they do it once: *that's mean*
- When someone says or does something intentionally hurtful and they keep doing it - even when you tell them to stop or show them you are upset: *that's bullying*



All the staff and governors will work together to:

- Treat bullying seriously
- Find a way to make it stop
- Work with both families to make things better
- Make our school a place where everyone feels safe and happy
- Help everyone respect and understand each other
- Promote friendships over bullying by holding termly events



What you should NOT do if you are being bullied:

- Do what they say
- Get angry
- Show you are upset
- Hit them back
- Tell your friends to get involved
- Think that it's your fault
- Hide it
- Blame yourself
- Try and deal with it on your own
- Get your parents to phone or visit their house



What should I do if I see someone being bullied?

- Don't join in or agree with the bully
- Tell an adult straight away. Don't stay silent or the bullying will keep happening
- Tell the bully to stop if it is safe to do so
- Be a friend to the person being bullied
- Don't walk away and ignore it. We have a duty to support each other.

Bullying can be...

Emotional

- Hurting people's feelings
- Excluding you / leaving you out
- Embarrassing you in front of others

Physical

- Punching, kicking, spitting, biting, hitting, pushing, throwing things at you
- Taking / breaking your things

Verbal

- Teasing
- Name calling
- Threatening
- Insulting you

Written

- Letters to you
- Notes about you
- Graffiti
- Online messaging



Racist

- Calling you names and or being mean to you because of your religion and/or beliefs and/or colour of your skin

Cyber

- Saying unkind things by text, messenger, email to you or about you
- Being rude about you in chat rooms when gaming
- Anonymous nastiness
- Silent phone calls
- Sending / posting hurtful photographs without the person's permission

When is it bullying?

- Sometimes people can be unkind or hurtful
- A bully is someone who hurts someone repeatedly, by using behaviour which is meant to hurt, frighten or upset another person. This is wrong but bullying is when it happens again and again.

Several Times On Purpose

- In fact, bullies often bully because they are sad themselves



What should you do if you are being bullied?

Remember it's not your fault and you are not alone. The people who need to change are the bullies, not you.

- Do ask them to stop if you can
- Do use eye contact and tell them to go away
- Do ignore them
- Do walk away
- Do find different friends to play with
- Don't think it will sort itself out
- TELL SOMEONE
- Do find an adult to talk to. Ask a friend to come with you if you wish.
- Do ask your family at home to come into school to help resolve it

Start Telling Other People

- You can talk to any adult in our school
- Adults will get involved and listen to you.
- They will help you to solve problems
- They will support the victim and the bully
- You can contact Child line: 0800 1111

www.childline.org.uk



Childline is yours - a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, we're here for you online, on the phone, anytime.