

What is Bullying?

Bullying can happen at different times and in different ways to different people but if you are being bullied, realise that it is **not** your fault.

Bullying is when someone keeps on deliberately making you feel sad or hurting you.

Bullying includes:

- Calling you names or talking about you unkindly behind your back
- Making things up to get you into trouble
- Hitting, kicking or hurting you physically
- Taking things away from you, hiding or damaging your things
- Taking friends away from you
- Putting unkind or hurtful messages on the internet or social media website such as Facebook. This is called cyber-bullying
- Making threats
- Sending you unkind or nasty phone texts

Bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them.

How can you tell if someone is being bullied?

Someone may be being bullied if they start to act differently.

Possible signs:

- Suddenly staying in at lunchtime
- Fewer friends, being on their own
- Crying a lot
- Not wanting to be near some people
- Being unusually quiet or withdrawn
- Work going downhill, unable to focus on learning
- Covering up bruises, cuts or other signs of being physically hurt
- Refuse to talk about what's wrong
- Become unusually angry
- They may show bullying behaviour to others

There are 3 types of bullying:

Verbal: This is things like name calling, racist remarks, whispering, texting, phone calls, online threats.

Physical: such as play fighting, hitting, kicking, pushing and pinching.

Psychological: This can include ignoring people, leaving them out, nasty gestures, being two faced, ganging up on people, stealing peoples things.

What to do if you are being bullied

If you are being bullied it is important that you tell someone you trust. Never suffer in silence.

- ❖ Tell your class teacher or any member of staff you feel comfortable with.
- ❖ Talk to your parents.
- ❖ Talk to your close friends.
- ❖ Our ELSAs (**Mrs Pardy at Damerham** and **Mrs Sumner at Rockbourne**) are available to listen to any child who is experiencing a difficulty.
- ❖ Fill out a **Listening Ear** form
- ❖ Keep a record of what happens and when.
- ❖ Think of ways to speak to the person bullying you such as "I don't like it when you say that/do that- STOP".
- ❖ Use a helpline or helpful website shown in this leaflet.

How can you help others?

- ✓ Listen to them.
- ✓ Offer advice and encourage them to speak out and fill out a Listening Ear form.
- ✓ Give them support and make an effort to be their friend.

To beat bullies, you and the bully need help.

