

Hawthornden Primary School

Dealing with Bullying - a leaflet for pupils by pupils

Nobody likes to think that bullying happens in their school but it does happen to some people sometimes and it can happen at Hawthornden Primary school.

REMEMBER :



We all fall out with our friends now and again. An occasional quarrel or falling out is not bullying, but nobody should have to put up with persistent unkindness which is bullying.

Bullying is usually described as words or actions that are intended to hurt (usually repeated over a period of time).

Bullies bully because they have a problem. They want a victim - and, if it happens to you, it isn't your fault! Remember, there are some things you can do to help yourself.

- Stand up **straight**
- Look the bully in the **eyes**
- Walk **away** without saying a word

This might make the bully stop because he or she gets **bored** when you don't react.

If the bully **continues** to bother you:

- Take a deep breath and say **"NO!"** very loudly

Other things you can say to the bully:

- **"Go away!"**
- **"Leave me alone!"**
- **"You really don't bother me!"**

There are many different types of bullying.

Bullying can be physical:

- * hitting
 - * pinching
 - * slapping
 - * punching
 - * biting
 - * pushing
- or any action intended to hurt.

Bullying can also be verbal:

Teasing about:

- shape
- colour
- nationality
- accent
- habits
- looks
- skills
- intelligence



Bullying can be unkindness

Bullies may deliberately leave people out of games, refuse to share, spread rumours and deliberately ignore their victims.

Bullies can:

- act alone
- lead a group OR
- get others to do their bullying for them so that they are not the ones who are caught.

What do bullies look like?

Bullies come in all shapes and sizes; they look like anyone else. Bullies are not always obvious. They often appear to be popular. Bullies like having power over other people. Sometimes the bully accuses others of bullying when victims retaliate.

What should I do if I see someone being bullied?

SUPPORT THEM even if it is hard because your friends don't want you to. Support all victims, even those you may not like.

You know that bullying is wrong.

How do I support someone?

- don't take part in the bullying
- stand up for the victim
- point out to the bully that they are bullying
- show the victim kindness
- seek the advice of an adult

Don't ignore bullying because it does not involve you.

Watching someone being bullied is just as bad as bullying someone yourself. You should always try to help.

What do I do if I am being bullied?

TELL someone you trust:

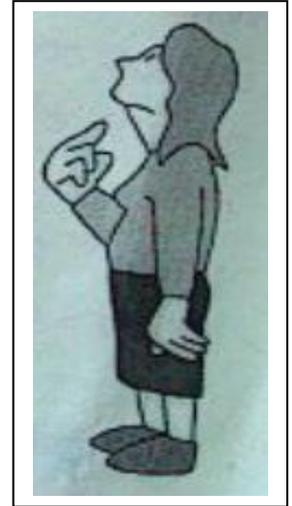
- a friend
- a teacher
- a member of support staff
- the Headteacher

- your parents

If you are scared to tell an adult, ask a friend to go with you.

What do I say?

- Explain what has happened to you
- Say how often it has happened
- Say who was involved
- Say who saw it happen
- Tell when it happened
- Tell where it happened
- Explain what you have done about it already



What will the school do if I am being bullied?

The school will **SUPPORT** you. It will try to **STOP** the bullying by listening to you, talking to the bully and perhaps their parents. If the bullying continues, other stronger measures will be taken.