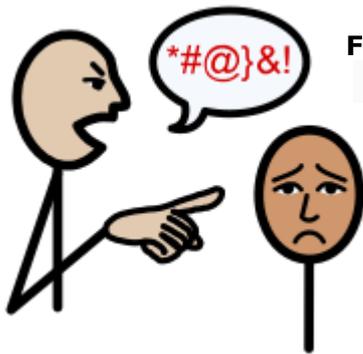
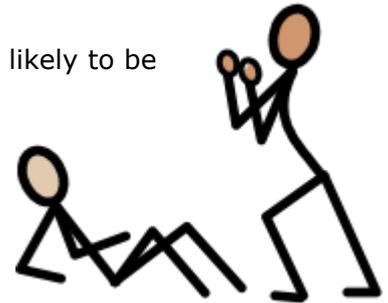


What is Bullying:

Bullying is defined as behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally.

Key Characteristics of Bullying:

- **Repetitive and persistent:** It happens more than once or is likely to be repeated.
- **Intentionally harmful:** The behaviour is meant to cause distress or harm.
- **Involves an imbalance of power:** The victim may feel unable to defend themselves.
- **Causes emotional or physical harm:** This includes distress, fear, loneliness, or lack of confidence.



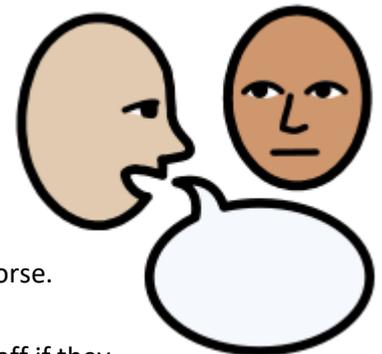
Forms of Bullying

Bullying can take many forms, including:

- **Physical:** hitting, kicking, pushing
- **Verbal:** name-calling, teasing, threats
- **Emotional:** excluding, spreading rumours
- **Cyberbullying:** harmful messages or content shared online
- **Prejudicial:** targeting someone based on race, religion, gender, disability, or other differences

Pupils will be encouraged to:

- Tell yourself that you do not deserve to be bullied, and that it is WRONG!
- Be proud of who you are. It is good to be individual.
- Try not to show that you are upset. It is hard but a bully thrives on someone's fear.
- Be assertive - shout "No!" Walk confidently away. Go straight to a teacher or member of staff.
- Not immediately fight back or make counter threats as it may make things worse. Talk to a teacher or parent/guardian first.
- Keeping evidence of cyber bullying and informing a parent and member of staff if they fall victim to cyber bullying.



If a pupil knows someone is being bullied:

- TAKE ACTION! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.
- If you feel you cannot get involved, tell an adult IMMEDIATELY. Teachers have ways of dealing with the bully without getting you into trouble.
- Pupils should always feel confident that they will always be listened to if reporting a bullying incident and should tell an adult that they trust.
- Victims will always be treated seriously, supported and kept safe.

