

What happens to a person who bullies?

You will need to change your behaviour and apologise for what you have done.

Your parents will be informed.

You will meet with your teacher or deputy Headteacher.

You may miss out on playtimes or be sent to work in another classroom.

How Elmlea will support you if you have been bullied.

We will have regular check-ins with you to see if you're ok and to check that the bullying has stopped.

We will agree with you appropriate consequences for the person who has bullied.

Why do people bully?



As everyone knows, people who bully may have few real friends.

They may have trouble making friends and this could make them be unkind and hurtful to other children.

They may need help in how to be a good friend.



If you think you are a witness to bullying then be a **braveheart**

- Talk kindly to the person being bullied to see if you can help.
- Tell your teacher or a trusted adult at school.
- If the person being bullied has no-one to play with at lunch-times or break times then say that he/she can play with you.



Don't:

- Be a silent bystander and do nothing otherwise the bullying will carry on.
- Retaliate or make the situation worse.
- Spread rumours about the situation...it only makes things worse.



Elmlea
Schools' Trust

Child-Friendly Anti-Bullying Leaflet



School Council November 2022



What is bullying? Bullying is when someone or a group of people are mean to another person on purpose for a long time. **Children can be bullied if they are seen as being different and that's NOT OK!**

Different types of bullying

Physical: Punching, kicking, hitting and pushing.

Emotional: Hurting people's feelings, being left out or talking about other people.

Verbal: Teasing or calling names.

Cyber: saying nasty things on social media or by texting, phoning or e-mailing unkind messages.

Disabled: Teasing someone because they have a disability.

Racist/Religious: Someone teasing you because of the colour of your skin or who you are.

Ageist: Someone teasing you because you're a different age to them.

Homophobic: Using gender-biased language in a negative way, such as saying that someone is gay or asking someone what their gender is.



What isn't bullying: If someone kicks, hits or pushes you once, you should still tell an adult, but that isn't bullying. That is a **mean moment**. Also, if you fall out with your friends, that isn't bullying. However, if your friends do something unkind and hurtful, again and again, then that is bullying.

When is it bullying?

SEVERAL
TIMES
ON
PURPOSE



If you think you are being bullied, then follow these steps:

Ask them to **STOP** if you can.

TELL your teacher or an adult.

Stand up to the bully by walking away, saying **NO** or explain how you feel. Be a **braveheart** and stand up to bullying.

Talk to a friend.

If you are bullied **online** then **report** it to an adult at home. School can help you sort it out. **Remember: Zip it, block it, flag it.**



Try not to...

- Fight back—physically and verbally.
- Keep the fact that you are being bullied inside you and not let anyone else know about it.
- Do what they say.
- Think it's your fault.



Remember if everyone follows the school values then there will be no bullying.

Kindness Respect Community



Remember: Stop, step back, back off.

