Anti-bullying for Children

Bullying is when a person/group hurts another person more than once, through what they say or do.

Bullying can be

- Physical
- Emotional
- Verbal

S: **S**everal

T: **T**imes

O: **O**n

P: **P**urpose

It can happen face to face or online.

What should I do if I am bullied?

S: **S**tart

T: **T**elling

O: **O**ther

P: **P**eople

Who should I tell?

- Teacher/ any duty bearer
- Family; parent, brother, sister
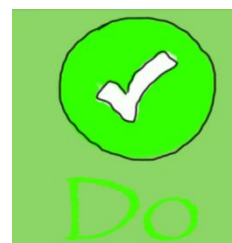- Friend
- Trusted Adult

DON'T .....

- do what they say
- get angry
- hit them
- Try not to look upset

DO....

- tell the bully to go away
- ignore them
- walk away
- act as though you don't care about what they say or do
- remember - it's not your fault
- tell a trusted adult

What should I do if I see bullying happening in school?

- Don't ignore and walk away
- Tell the bully to STOP
- Tell an adult/duty bearer
- Be an Ally

What can we do at school to help victims of bullying?

- We must treat reports of bullying seriously.
- We must find ways to STOP bullying so that Unity is a safe and happy school for everyone.

How we deal with bullying at Unity

- Any incident of bullying is unacceptable and will be treated seriously and investigated thoroughly.
- A duty bearer will speak to the 'victim' and discuss how they are feeling and who they are having difficulties with. They will then meet regularly while the situation is dealt with.
- A support group will be set up that includes the 'bully' and some friends and classmates of the 'victim'. They will meet regularly to monitor the situation.
- School will make both victim and bully's parents aware of the bullying.
- School will inform other staff as appropriate e.g. lunchtime staff

What we do at Unity to raise awareness and prevent bullying.

- **Learn about Bullying**: In our PHSE lessons, we talk about how to stay safe and kind, and we learn what bullying is, including being mean online (cyberbullying).

- **Understand Bullying:** We have time to think about what bullying looks like and why some people might bully others, so we can better understand it.

- **Anti-Bullying Week:** Every year, the whole school takes part in activities during Anti-Bullying Week to help everyone understand why it's important to be kind and stop bullying.

- **Be an Ally**: All children at Unity are encouraged to choose respect and to act as Allies and stand against any discrimination.