

Whitnash Primary School

Bullying

In our school bullying is...

any repeated behavior which is used to make us feel hurt and upset.

We understand that words are as hurtful as hitting.

We know that bullying can happen

- in the playground and classroom and
- by email and mobile phone calls out of school and at home.

We encourage all children to find an adult they feel safe to trust and talk to whenever they have a problem.



Advice to pupils

Helpful names and numbers.

Whitnash Primary School

Langley Road, Whitnash, CV31 2EX

Phone 01926 426773

Fax 01926 337755

www.whitnashprimary.co.uk

Childline Phone 0800 11 11

www.childline.org.uk

www.bullying.co.uk

www.kidscape.org.uk

www.nspcc.org.uk

You can be bullied:

- In the playground,
- In the classroom,
- In the toilets
- On their way to and from school
- In the park
- By mobile phone and text messages
- Through internet chat rooms and email.
- At home

Bullying can make you feel

- Scared and hurt
- Very upset
- So worried that you can't do your work in school.
- Useless and no good at anything you try to do.
- Like running away from school or from home.
- That what is happening to you is all your fault.

Don't ignore bullying

You can help. Don't let bullies get away with thinking no-one will do anything.

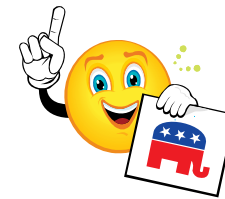
- Let a trusted adult know what is happening
- Be a friend to the person who is being bullied
- Refuse to join in bullying behavior
- BUT don't
- Sort it out yourself - ask an adult to help
- Rush in and 'take on' the bully. It may not be safe and you don't want people to think you are a bully yourself.



How to stop the bullying.

If you are being bullied, you can do something about it. You can make a difference if you

- **Tell Tell Tell**
- Keep a dated note or diary to record what is happening, when it is happening and who is involved.
- Don't give up - keep telling someone you trust what is happening
- Ask your parents or carers to come into school to talk through what is happening.
- Remember that all staff in our school will listen to what you have to say.
- Always tell the truth about what is happening to you.



Remember

- It's all right to tell an adult that you are being bullied and to ask for help BUT you don't have to let them take over. Talk to them about what you would like to happen. They can help and support you to take control of the situation.
 - Bullies are often very unhappy people who have often been bullied themselves
 - Bullies don't have real friends
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