

Remember:

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Stand up to the bully and use your words to tell them to stop bullying.

Take appropriate action to get away from the bully, go to an adult.

Open up to a trusted adult.

Protect yourself from bullies.

What should I do if I see someone being bullied?

- Tell an adult straight away
- Don't get involved - you may end up getting hurt or in trouble yourself.
- Don't stay silent or the bullying will carry on!



Useful websites and contacts

NSPCC

www.nspcc.org.uk

0808 800 5000

Bullying UK

The UK anti-Bullying Charity

www.bullying.co.uk

Childline

www.childline.org.uk

0800 1111



Think, You, Know

www.thinkuknow.co.uk

Family Lives

www.familylives.org.uk

0808 800 2222

Surrey SEND Information, Advice and Support Service

ssiass@surreycc.gov.uk

01737 737 300

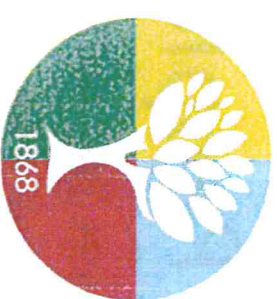
A copy of the Anti-Bullying and behaviour policy is available on our web site.



Anti-Bullying

Advice for

Parents / Carers



Written and produced by the Well-Being Team at Frimley Junior School

At Frimley Church of England School

we do not tolerate bullying or harassment of any kind. We believe that every child has a right to learn in a supportive, safe and caring environment without fear of being bullied.

STOP

Start

Telling

Other

People

Who can you tell?

- School adults
- Parents or Carers
- Siblings
- A trustworthy friend

What is bullying?

Bullying is repetitive, intentional hurting of one person by another where the relationship involves an imbalance of power.

Bullying is behaviour by an individual or a group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying can take many forms (for instance, cyber-bullying via text messages or the internet).

Pupils who join in with bullying by watching, laughing or shouting encouragement are considered bullies.

Bullying can occur through several types of anti-social behaviour:

Physical - hitting, pushing, gesturing, taking or damaging personal belongings or any unwanted physical contact.

Verbal - name-calling, sarcasm, racist taunts, sexually abusive comments, comments related to physical/social disability.

Psychological - ignoring someone, excluding, isolating a person, graffiti, rumour spreading, sending unwanted text messages or emails, publishing hurtful material on social networking sites (cyber-bullying).

STOP

Several

Times

On

Purpose



Bullying Is Not:

- Teasing between friends without intention to cause hurt.
- Falling out between friends after a quarrel or disagreement.
- Behaviour that all parties have consented to and enjoy.
- A single act of unkind behaviour