

Remember:

S T O P

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

T 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

The Anti-Bullying Alliance

anti-bullyingalliance.org.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

sendadvice.surrey.org.uk

01737 737 300

A copy of the Anti-Bullying and Behaviour Policies are available on our web site: frimley.surrey.sch.uk



**Anti-Bullying
Advice for
Parents / Carers
& Children**



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

At Frimley Junior 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.

S T O P

**Start
Telling
Other
People**

Who can you tell?

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

What is Bullying?

- Bullying is the 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 and repeated over time, that intentionally hurts another individual or group either physically or emotionally
- Bullying can occur through several types of anti-social behaviour including: Physical, Verbal, Psychological, Cyber, Discriminatory and Prejudice Bullying.
- At Frimley Junior School we strive to create a culture where prejudice and hatred is not accepted. Unacceptable behaviour includes language and behaviour which is deemed homophobic, transphobic, racist, targeted at faith, sexist and disablist amongst others
- Pupils who join in with bullying by watching, laughing or shouting encouragement are considered bullies

S T O P

**Several
Times
On
Purpose**



Bullying Is Not:

- Teasing and banter 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