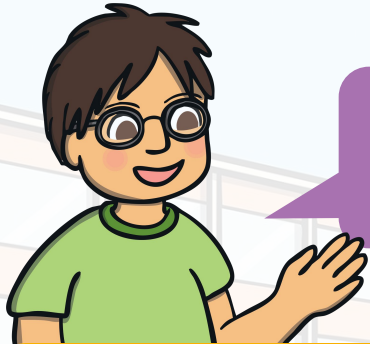




What Is Bullying?



What Is Bullying?



Do you know what bullying is?

Bullying is hurting someone else on purpose. Bullying is something that happens over and over again. Bullying often is a power imbalance.

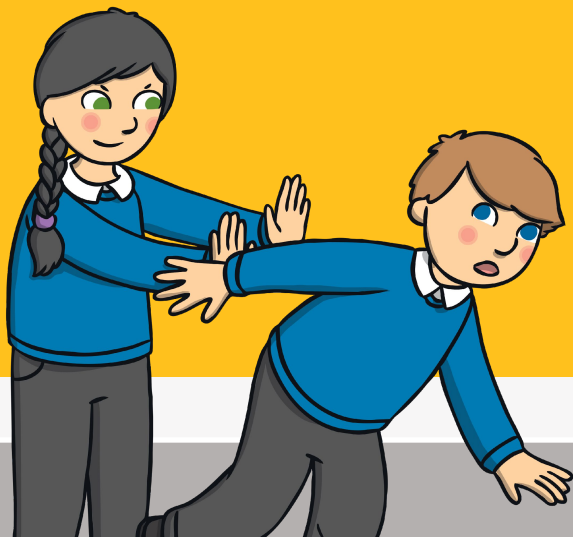
Bullies can hurt people in lots of different ways. You can be hurt on your body or with nasty words.



Different Kinds of Bullying

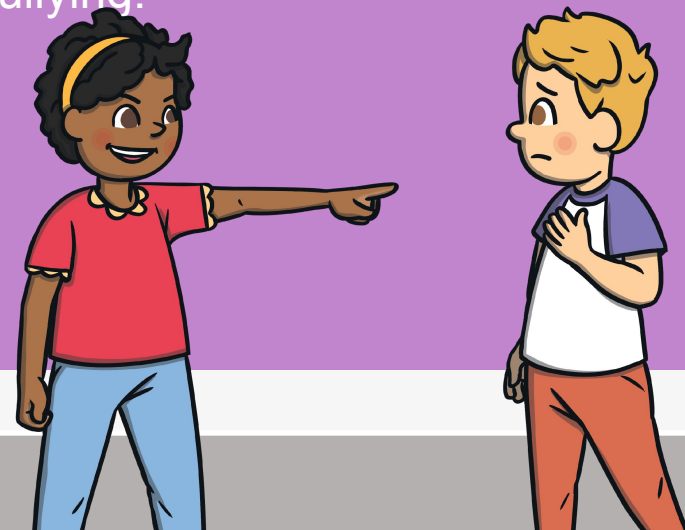
Physical bullying is pushing, hitting, pinching or kicking someone.

It can leave marks or bruises and people might see it happening, but it can be hidden underneath clothes.



Verbal bullying is calling someone names, saying nasty things or even pretending you are going to hurt someone.

Verbal bullying is not always easy to see. It can be done secretly and does not leave marks. It hurts people's feelings and is just as bad as physical bullying.



Cyberbullying

Cyberbullying is when people use email, photos, videos or text messages to make someone feel sad.

It can be one person or a group of people.

It can be scary for the person who is being bullied.

Make sure you know how to

stay safe
online



Indirect Bullying

Indirect bullying is:

- leaving people out of games;
- talking about them when they are not looking;
- telling nasty stories about them;
- standing by and watching bullying happen.

It is **just as hurtful** as other kinds of bullying.



Roles in bullying

Bully: Wants to be seen a powerful. They are not. They often need witnesses.

Victim: The person or people who have been targeted.

Bystanders: Reinforce the bully. Can be verbal or non-verbal. By witnessing bullying you are a part of the situation.

Upstanders: These people show the R.I.C.H KingsView School values and support the victim by:

- 1) being kind to the victim
- 2) telling a trusted adult



What Can You Do?

If you see bullying, you can:

Tell someone you trust - a parent, teacher, learning assistant, principal, chaplain, or another student. They will make sure it's dealt with properly.

Be kind to the person being bullied. Someone who is being bullied can feel alone, sad and scared. Smile, talk to them or include them in something. This is called being an upstander.

How? Write an email or note or talk with a trusted person.



What might happen next?

Options available to us include:

We always ...

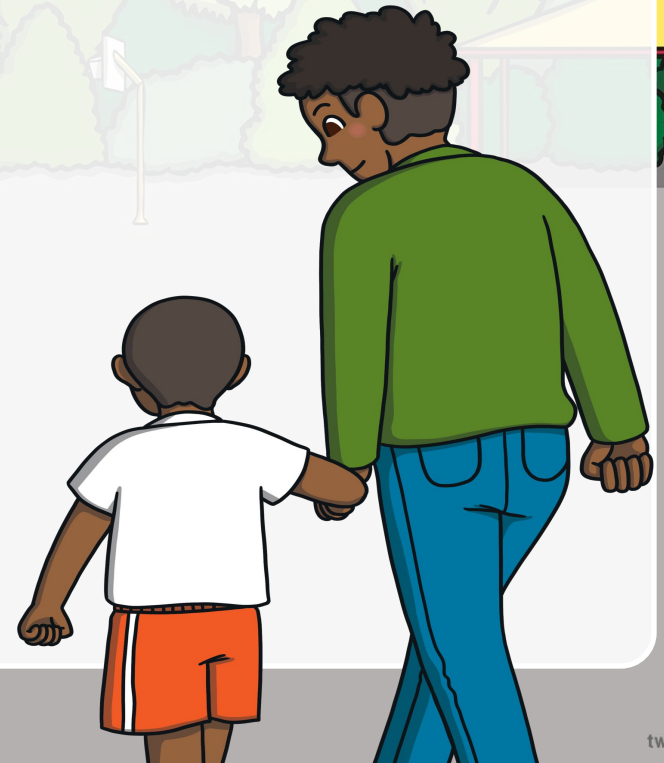
- * Support the victim
- * Praise the upstander
- * Keep a record on Edge which is our student management system.

We might ...

- * Removed to another class to do work and a behaviour reflection sheet.
- * Loss of breaktime
- * Parents involved
- * Principal intervention
- * Restorative conference.

We could ...

- * Give a formal warning letter.
- * Make a Behaviour Plan
- * Stand down the bully for between 1 - 5 days from school.



KingsView school

