

Where can I go for more help with bullying issues?

There is a lot more Anti-Bullying information on our school's website www.valenceprimaryschool.com or individual advice you can send an email to: office@valenceprimary.com or speak to a member of staff.

You could also get help from these organisations:



www.childline.org.uk



Don't SUFFER in SILENCE
0800 169 6928

This is a FREEPHONE number
All calls are treated in the strictest confidence and will not appear on itemised bills

Bullying's not good Bullying's not cool Bullying's not accepted In our school.

Bullying is a horrible thing! It is when someone is saying or doing mean things to somebody else over and over again.



Children's Guide



**We Say No to Bullying
at
Valence Primary School**



www.valenceprimaryschool.com

Tel: 0203 006 9888

Email: office@valenceprimaryschool.com

What is bullying?

‘Bullying is when someone is being mean to someone else, over and over again’.

There are different types of bullying:
Cyber e.g. Bullying someone online or by phone.

Physical e.g. Hitting, kicking, taking belongings.

Verbal e.g. Name calling, hurtful comments, threats.

Emotional e.g. staring, leaving someone out, spreading rumours.

‘Anti-bullying is all the work that we do in school to stop bullying.’

Racism and Homophobia, Biphobia and

Transphobia are very serious types of bullying

which are called **‘Hate Crimes’**.

What should I do if I am being bullied?

Tell a grown up in school or at home;

Tell a friend who you know will help you to tell a grown up;



Who can I tell if I am being bullied?

There are many people you can speak to:

Parent/Carer

Headteacher

Other relatives

Teacher

Mid-Day Assistant

A good friend

Office staff

Teaching Assistant

What will happen next?

The grown up will listen to you and will make a note of what you say.

They will work with you and the bully or bullies to sort things out.

They will speak to your parents/carers and the bully or bullies parents/carers.

They will check in with you until the bullying has stopped.

They will check that the bullying does not start again.

How does the bullying make someone feel?

Alone

Angry

Scared

Anxious

Left out

Worried

Miserable

Frustrated

Unhappy to go to school

