

## 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](http://www.valenceprimaryschool.com) or individual advice you can send an email to: [office@valenceprimary.com](mailto:office@valenceprimary.com) or speak to a member of staff.

You could also get help from these organisations:



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](http://www.valenceprimaryschool.com)

Tel: 020 3 006 9888

Email: [office@valenceprimaryschool.com](mailto: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;

Write a note that a grown up will read.



## 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

