

What you should not do:

- X DO NOT BLAME YOURSELF**- it is not your fault
- X Don't try to deal with the problem** on your own— always ask for help.
- X Don't hit** other people - you might end up being accused of bullying yourself.
- X Don't exaggerate** – always tell the **TRUTH** about what has happened.
- X Don't hide what is happening** from adults - keeping things a secret is a bullies' biggest weapon.

Bullying:

- **Don't** make other children feel scared and upset.
- When you feel angry or upset about something, **don't** take it out on other children.
- **Do** talk to someone about what you are doing and how you feel.



ANTI-BULLYING ADVICE FOR PUPILS



We want our school to be a happy place where children feel safe and love to learn.

What is bullying?

Bullying is repeated behaviour towards another person which makes them feel lonely, scared and not safe. Bullying can be name calling, hitting, making threats or sending unkind messages on phones or through the internet.

If you feel you are being bullied at Valence Primary School:

REMEMBER:

You can always do something to STOP bullying.

- ✓ TELL SOMEONE – a parent, carer, teacher or a friend you can trust. Don't keep it a secret.
- ✓ Say 'NO'- and walk away. Find an adult to go to.
- ✓ BE CONFIDENT- enjoy playing with the friends you can rely on.
- ✓ Never fight back – this can often make things worse.



If you think someone is being bullied, how can you help?



Be a good friend



Listen



Talk to someone who can help

What the school will do when bullying is reported:

- Talk to the people involved and find out what has happened.
- Speak to parents/ carers.
- Help everyone involved to make sure everyone feels safe.
- Keep a record of the incident in school.

Useful contacts:

Childline: Freepost1111
London N1 0BR
0800 1111 (free)
www.childline.org.uk

Kidscape: 152 Grosvenor Gardens
London SW1 0DH
0207 730 3300
www.kidscape.org.uk