

## Think about the things we do to stop bullying:

- PSHE lessons in class and during assembly time.
- School Council
- Well-Being Council
- A school 'worry box' which is monitored regularly by a member of staff
- Playground buddy system
- Learning about internet safety
- Yearly events such as Anti – bullying week and Children's Mental Health week.
- Clear rules and guidance for children around behaviour at Abbey Road, including what to do if we witness an act of bullying.

Can you think of anymore? There are lots!

## Useful sources of information and support

Internet:

- [www.childline.org.uk](http://www.childline.org.uk)  
Childline

Telephone:

- Childline: 0800 1111
- NSPCC: 0207 825 2500

Remember you can always talk to any member of staff in school. We will always be here for you.

# Abbey Road Primary School



## What is bullying and what can I do about it?

### A Children's Guide

## What is Bullying?

### Have a look at some of these examples. Is it bullying?

- Someone is doing or saying something to you that makes me feel upset or hurt. You keep telling them but they keep doing it every dinner time.  
**YES. If this is happening over and over again, this is bullying.**
- I have fallen out with my friends and they don't want to let me explain.  
**NO. Sometimes we fall out with our friends, and they may need a little time before you make up again.**
- I'm scared. A bigger girl keeps picking on me. She waits until there are people watching. She enjoys embarrassing me.  
**YES. This girl wants you to feel like she is more powerful than you, and she keeps doing it.**

- A boy in my class pushed me over, laughed and walked off! **NO, although this was really rude and not acceptable, this is not bullying as it happened once.**
- Me and my friends are always falling out! We say horrible things to each other when we are angry and it really upsets me.  
**NO. Sometimes it might feel like you and your friends fall out all the time! Even though it might be really upsetting at the time, eventually when you make friends again, it feels really good.**
- Children in my class pretend to let me play and then run off. They make fun of me and steal my things. They get me in trouble for things I have not done, and call me names every day. **YES – If this has been happening for a long time and you are not able to stop it by talking to them saying how it makes you feel, then it is time to find new people to spend time with.**

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## What should I do?

- Try to stand up for yourself in a positive way. State, "Don't do that, I don't like it." firmly.
- Remove yourself from the place/people if possible.
- Talk to a trusted adult about it, or:
- leave your name in the school "Worry box" near the front door. (It is locked so only a member of staff can open it.)
- If you do not feel you can talk to anyone in person, ring a free service like Childline (number on the back page).

## How can school help?

We will:

- Listen to what you say and take your worries seriously
- Investigate the issue by talking to all children involved
- Let you know what is being done to help, and how the school will act to try to prevent this happening again.
- Continue to keep an eye on things, even after the matter has been dealt with
- Look for things that might help such as clubs and groups with lots of friendly people to meet!