

What if you see someone else being bullied?

- Tell an adult straight away
- Don't get involved
- Don't stay silent or the bullying may keep happening.

What can you do if you think your child is being bullied?

Coping with bullying can be difficult, encourage your child to:-

- Get your child to write or draw down what is happening.
- If at school let the classteacher know what's happening.
- Try looking for advice on a website.
- If your child is different in some way, be proud of it!
- If things don't improve book a meeting with the Headteacher.

Try looking for advice on a website follow the links below for more information:

www.bbc.co.uk/schools/parents/bullying www.anti-bullyingalliance.org.uk

www.kidscape.org.uk www.stopbullying.gov

www.grababullybythehorns.com www.letsstopbullying.co.uk

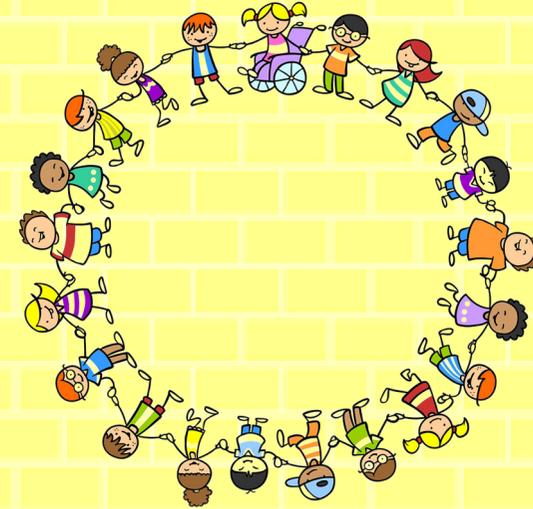
www.beatbullying.org www.childline.org.uk www.youngminds.org.uk

All these sites need parents investigation before allowing your child free access

All our staff and Governors work together to:

- Make sure our school a safe and happy place for everyone.
- Help everyone to get on with each other.
- Ensure everyone has the right to be who they are.

Happiness, Friendship and Kindness in the WSF schools



This brochure has been compiled by the children, parents, governors and staff of all the schools in the West Surrey Foundation:

Ash Grange Primary School

Ash Manor

Shawfield Primary

St Paul's C/E infants

Walsh Memorial Infant

Walsh Juniors

What is bullying?

A bully is someone who hurts, frightens or upsets another person on purpose.

Bullying is when someone keeps meaning to hurt someone by doing or saying things; to have power over another person.

Some of the things a bully may do:

Making someone feel

Not talking to people

Threatening people

Name Calling

Taking or damaging their things

Leaving people out of activities

Hitting or kicking

Taking or damaging someone's things

Saying or writing nasty things

Making someone do things they don't want to do

Different types of bullying:

Emotional: Hurting someone's feelings leaving them out

Physical: Punching, kicking, spitting, hitting, pushing

Verbal: Being teased, name calling

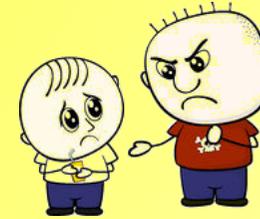
Cyber: Saying and sending unkind things by text, email, social media or other digital technology to threaten, tease or abuse someone. It can happen 24 hours a day, seven days a week.

Racial/ any differences: Calling someone names because they are different to themselves.



STOP BULLYING

When is it bullying?



Several
Times
On
Purpose

Why is bullying harmful?

Some people think bullying is just part of growing up and a way for children to learn to stick up for themselves. But bullying can make children feel lonely, unhappy and frightened. It makes children feel unsafe and think there must be something wrong with them. They can lose confidence and may not want to go to school any more. It may make them feel ill.

What bullying is not:

Everyday falling out with friends

Accidental

Making someone upset once

Silliness

Happens only once

What you can do if you feel you are being bullied.

- You have the right to feel safe and secure so ask the bully to STOP.
- Use eye contact and tell the bully to go away.
- Ignore them
- Walk away
- Talk to a friend
- Talk to an adult at school or home.
- Talk to an older child

S tart
T elling
O ther
P eople

We promise to always treat bullying seriously.