

NORTH LINCOLNSHIRE'S

CHILDREN & YOUNG PEOPLE'S

ANTI BULLYING GUIDE

stop and think... words can hurt!

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**21% OF YEAR
7 PUPILS WORRY
ABOUT BULLYING**

**2010 ADOLESCENT
LIFESTYLE SURVEY**



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**This guide must be read alongside
the school's anti bullying policy**

WHAT DO WE MEAN BY BULLYING?

Bullying is; something that is constant – It impacts on your life every minute of every hour of every day, it causes harm and it makes a person feel lonely, upset and bad about themselves. When someone bullies it might be because they have a lack of confidence, do not feel sure of themselves and it makes them feel better.



**THAT GUY YOU
JUST MADE FUN
OF FOR CRYING?
HIS MOTHER
IS DYING**

WHY WE ARE AGAINST BULLYING

We are against bullying because:

- everyone should feel safe and secure in school
- everyone has the right to be happy
- everyone has the right to be supported & listened to
- everyone should be treated with respect.



**THE GIRL YOU
JUST CALLED UGLY?
SHE SPENDS HOURS
PUTTING MAKEUP
ON HOPING PEOPLE
WILL LIKE HER**

TYPES OF BULLYING

Cyber

Eg: internet, social networks, games consoles and mobiles

Emotional/Mental:

Eg: hurting feelings, threats, nasty looks, tormenting, neglecting, someone may do something so that someone else gets the blame, spreading gossip and secrets.

Physical

Eg: hitting, punching, kicking, slapping and spitting

Verbal:

Eg: name calling, rascism, mimicking, making fun of families and belongings.



**42% OF PUPILS SAID
THEY HAD BEEN
BULLIED IN THEIR
CURRENT SCHOOL**

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WHO GETS BULLIED?

People who get bullied:

- could be clever
- could be different
- could be disabled
- could have learning difficulties
- could come from different cultures
- could not have much money
- could be different shapes and sizes
- could wear glasses
- could be popular
- could have different religion.

REMEMBER ANYONE CAN GET BULLIED!!!



**74% OF PUPILS SAID
THEY HAD ACCESS
TO PEER MENTORS
IN THEIR SCHOOL**

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WHERE PEOPLE GET BULLIED

Bullying does not just happen in school. It can happen anywhere including:

- school bus
- toilets
- walking home from school
- youth clubs
- on the street
- after school clubs
- in the home
- on the phone
- on the internet
- letters
- games consoles ie Xbox, Playstation, DS, etc
- at work.



**THE BOY YOU
JUST TRIPPED?
HE IS ABUSED
ENOUGH AT HOME**

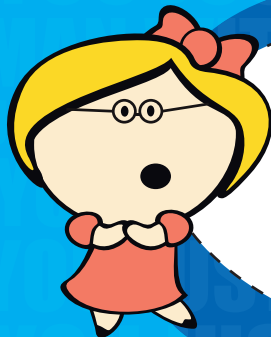
SIGNS & SYMPTOMS OF BULLYING

Signs & symptoms of being bullied could include:

- don't want to be here
- want to feel safe
- skipping school
- scared/nervous when using your phone or computer
- changing how you look
- scared of going places on your own, e.g. dinner hall, playground, toilets, to and from school and clubs
- not being yourself
- property missing / broken quite a lot

You also might start to:

Be a bully, nasty or cross, steal, hurt yourself, rude, skip food or eat more, do something you usually wouldn't do, stop doing school work well or at all.



**THE GIRL YOU
JUST CALLED
FAT? SHE IS
MAKING HERSELF
SICK**

WHY DO PEOPLE BULLY?

People bully for different reasons. Things such as:

- Feel powerful
- jealousy
- to feel good about yourself
- to be in control
- because you want something (attention, possession or friends)
- there is domestic violence at home
- you enjoy the power
- to look good in front of other people
- to feel popular
- being dared/ blackmailed/ bribed into bullying
- to be big/ clever
- for fun
- you are being or have been bullied themselves
- you see and pick on an easy target (small, won't tell anyone, lonely or different in some way)
- because you are unhappy at home.



38% PUPILS SAID THEY HAD BEEN BULLIED IN THE SCHOOL, 4% IN THE COMMUNITY, 7% TO & FROM SCHOOL & 6% ONLINE

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PATHWAYS OF HELP



Step 1

- tell someone - a parent, teacher, friend, buddy or peer mentor
- use a worry box
- contact cyber mentors cybermentors.org.uk
- use a help line e.g. Childline 0800 1111



Step 2

- talk it through and describe: who? what? when? why? and how often?

Step 3

If the problem continues:

- go back to an adult
- keep a diary
- don't blame yourself



Step 4

If the problem still continues:

- parents are brought in for a discussion with pupil and bully
- self help programmes provided
- outside help sought (anti-bullying services) contact kids lincs 01724 296629

Step 5

If the problem is still not resolved:

- headteacher and chair of governors involved
- serious action taken



ACKNOWLEDGEMENTS

ftc

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**SEE THAT BOY IN
THE WHEELCHAIR
YOU CALL STUPID?
HE IS TRAINING FOR
THE PARALYMPICS**

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THE GIRL YOU JUST CALLED UGLY? SHE SPENDS HOURS PUTTING MAKEUP ON HOPING PEOPLE WILL LIKE HER
THE GUY YOU JUST MADE FUN OF FOR CRYING? HIS MOTHER IS DYING
THE GIRL YOU JUST CALLED FAT? SHE IS OVERDOSING ON DIET PILLS
THE BOY YOU JUST TRIPPED? HE IS ABUSED ENOUGH AT HOME
SEE THAT MAN WITH THE UGLY SCARS? HE FOUGHT FOR HIS COUNTRY