

Is it Bullying or...

Bullying = **Several Times On Purpose**

Bullying is a repeated behaviour and can be physical, verbal and relational. It includes:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others.

Repetition: Bullying behaviours happen more than once.

Spend time with people who are kind to you

Make sure you spend time with people. Do not shy away from company even if you feel like doing so.

It helps to keep people with you if you are being bullied. Bullies will be less likely to target you if you are with others.

...is it conflict?

Conflict occurs when two or more people disagree about something or some goal. This can lead to arguments/aggression but involves a balance of power between those involved.

Keep a record of it

Keep a diary of the incidents of bullying.

Remember:

- Where it was
- When it was
- What happened
- Who was there
- What did you and others do?

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ways to cope with bullying

BULLYING

Report it

You can report this to the Nest

Tell a trusted adult

Report it by email to thenest@purbeck.dorset.sch.uk

Use "Speak Out" on Zumos

Do not retaliate

If you are physically attacked, you can defend yourself to get yourself away. What does this mean:

You can:

- Shove or Push someone away from hitting you
- Run away
- Hold them by the arms to stop them hitting you

You cannot

- Hit, kick, choke or strangle

Look after yourself

Practise mindfulness Learn by using this app- available here: <https://www.headspace.com/meditation/kids>

Build on your strengths— focus and improve on something you are good at

Do something you love

Be active—exercise and physical activity is good for your health and wellbeing

Treat yourself

If online or on your phone- STOP, BLOCK, REPORT

STOP replying with the person/people immediately

BLOCK their number; leave the group

REPORT the incident to CEOP, an adult, or the Nest.

Make a log of the messages sent (you can screen shot the messages which will be helpful).

Stand up for yourself

Bullies get their power over others by intimidating them. Do not show that you are intimidated.

Look them in the eyes; hold your head high.

Do not do anything you do not want to do. Bullies want to force you into doing things. Do not let them.

Stay calm and unemotional. Do not show them that they are getting to you even if they are.

Ask them why they are doing what they are doing.

Then tell them to stop.

Stay away from the bully

Wherever possible avoid areas that the bully spends time.

Stay with others.

Ignore the bully.

Get involved in an activity to keep yourself away from bullies.

Talk to someone about it

Sometimes we feel that talking is the last thing we want to do.

However, you cannot be supported if you stay quiet. Talk about what is happening with an adult even if you are scared.

Often the fear is unnecessary.

Talk to a support service:

The Nest

Bullying Support UK
0808 8002222

Smiling Mind app



Supporting someone who is being bullied

- Tell a teacher or someone in the nest
- Go with the person being bullied and back up what they say to the teacher or nest.
- Tell the person being bullied that you'll help them to tell their parents , the nest, or teacher.
- If this is happening to your friend, tell your parents what's happening and ask them to have a quiet word with school
- Agree with your friends that you will all make it clear to the person doing the bullying that you don't like what they're doing
- Keep a diary of what you see going on so that you can give a teacher a reliable account of what has been happening
- If you tell a teacher what has happened then the bully shouldn't find out that you've done that. The teacher should be able to quietly alert other teachers and keep an eye on the situation so that the bully is caught red handed and has only themselves to blame.
- If you see someone being bullied they're probably very upset so make sure they know that you and your friends don't like what is going on and ask them to join your group.
- Talk to them so they know they have someone to talk to.

[Www.bullying.co.uk](http://www.bullying.co.uk)

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

[Www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

- Loss ● Anger ● Anxiety ● Managing Behaviour
- Coping with parents breaking up (leaflets for parents as well)
 - Lockdown ● Self-harming ● Attendance ● Dyslexia
 - Dyscalculia ● ASD ● ADHD ● Depression ● Workload
 - Work stress ● Confidence

If you would like to receive a copy of any of these leaflets,
or to contact the Pastoral Team...

email wellbeing@purbeck.dorset.sch.uk