

## WHAT DO YOU DO IF YOU SEE SOMEONE BEING BULLIED FACE TO FACE?

- Tell the person to think about how they are treating others
- Tell them that you will tell a teacher if they don't stop
- Tell a teacher
- Encourage the person they are bullying to walk away and speak to an adult

## WHAT DO YOU DO IF YOU SEE SOMEONE BEING BULLIED ONLINE?

### #StopSpeakSupport.

- Take time out before getting involved and don't share or like negative comments.
- Ask an adult, friend or charity such as child-line that you can trust for advice.
- Use the report button on the social media platform it's happening on.
- Give the person being bullied a supportive message to let them know they are not alone.
- Encourage them to talk to someone they can trust.
- Give the person being bullied a positive distraction from the situation.

## WHAT TO DO IF YOU THINK YOU ARE THE BULLY...

before you speak  
**THINK**

**T** = Is it true?  
**H** = Is it helpful?  
**I** = Is it inspiring?  
**N** = Is it necessary?  
**K** = Is it kind?

You can also:

- Ask a teacher for help
  - Say sorry

## WHAT WILL HAPPEN ONCE YOU HAVE TOLD AN ADULT?

- They will listen to you.
- They will try to deal with the incident quickly.
- They will write an incident report.
- They will talk to a senior member of staff.
- The parents of the person who has been bullied and the parents of the bully will be contacted and will work with school to make sure it doesn't happen again.
- Other teachers will be told so that they can help keep an eye at break times and during lessons.
- If the bullying doesn't stop further action will be taken, which could include exclusion from school.



CRICKLADE  
MANOR PREP

## Child Friendly Anti-Bullying Policy



Updated by

Cricklade Manor Prep School Council

September 2019

## BULLYING IS...



### REMEMBER...

It's when someone's behaviour becomes a more regular occurrence.

## WHAT ARE THE DIFFERENT TYPES OF BULLYING?

Physical: Hitting, kicking, pushing or damaging other people's property.

Verbal: Calling other people names, insults, teasing or intimidation.

Social: Lying or spreading rumours about others, excluding people, playing nasty tricks in order to make others look silly.

Cyber-Bullying: Hurtful texts, using the internet to upset or harm others.

## WHO SHOULD YOU SPEAK TO?

Talk to an adult you can trust such as your parents of your form teacher.

You can also speak to....



Mrs Wielinska  
Emotional Literacy Support

### Time to Talk

This is allocated time for you to speak to:

Mrs Wielinska: Friday 1:10pm—1:30pm

### OUR POLICY AIMS:

- To accept that bullying might happen at CMP .
- To help the person being bullied to seek support.
- To help anyone who see's someone being bullied.
- To help the bully to understand what they have done wrong and how they can change.
- To explain and help the parents / carers of the bully and person being bullied so they can help to solve the problem.
- To let everyone know what to expect and how the problem will be solved.

## WHERE ELSE CAN I GET SUPPORT?



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

### ADVICE FOR PARENTS



[www.kidscape.org.uk](http://www.kidscape.org.uk)

Call **020 7823 5430**

(Mon-Thurs, 9am-1pm)



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

Helpline **08088002222**