

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 2020

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

ADVICE FOR PARENTS



www.kidscape.org.uk

Call **020 7823 5430**

(Mon-Thurs, 9am-1pm)



Www.bullying.co.uk

Helpline **08088002222**