

## 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 Perpetrator...

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 target and the parents of the perpetrator 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 behaviour 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 Anti-bullying Ambassadors

Sept. 2022

Reviewed Sept. 2023

## BULLYING IS...



### We have defined bullying as...

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.

It can be face to face, online or behind someone's back.

CMP Anti-bullying Ambassadors definition 2022

## WHAT ARE THE DIFFERENT TYPES OF BULLYING?

**Physical bullying:** Repeatedly using contact to upset, hurt someone or humiliate them.

**Verbal bullying:** Repeatedly saying something mean to upset someone.

**Indirect bullying:** Repeatedly using actions behind someone's back or not directly to their face to upset them.

**Cyber-Bullying:** Repeatedly sending messages or using the internet to upset or harm others.

## WHO SHOULD YOU SPEAK TO?

Talk to an adult you can trust such as your parents Mr Barton or your form teacher.

You can also speak to....



Anti-Bullying Ambassadors



Mrs Wielinska

Emotional Literacy Support

### Time to Talk

This is allocated time for you to speak to:

Mrs Wielinska: Friday 10:30am—11:00am

## OUR POLICY AIMS:

To accept that bullying type behaviour happens at CMP.

To help the target to seek support.

To help anyone who see's someone being targeted.

To help the perpetrator to understand what they have done wrong and how they can change.

To explain and help the parents / carers of the perpetrator and person being targeted 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**