

What you should do if you are a bully

- Think about why and how you are bullying others
- Think about the pain that bullying can cause-do you really want to hurt or upset people
- Bullying will not help you have real friends. Sometimes people only talk to you because they are scared of you
- You can talk to an adult or friend to ask for help to stop you bullying others

Have you been a bystander?

Have you ever stood by and done nothing while someone else is being bullied or passed on a text message or comment on line which is hurtful?

If you see bullying and do not do something about it you become part of it



Some useful websites to help you

www.kidsmart.org.uk
www.thinkuknow.org.uk
www.digizen.org
www.chatdanger.com
www.childnet-int.org
www.kidscape.org.uk
www.childline.org.uk
www.beatbullying.org

Produced by
The Young Peoples Anti-bullying Group
(A group from schools across Nottinghamshire)



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Children and Young People's Services Nottinghamshire Anti-bullying Policy



Working together
to stop bullying



**A Young Persons Guide to
Nottinghamshire's Anti-Bullying Policy**

our vision

Children and young people of Nottinghamshire want:-

- To feel safe, happy and free from bullying at school and in their communities.
- To know that wherever they are bullying will be taken seriously.
- To work together in Nottinghamshire to support each other, to develop cooperative behaviour, appreciate diversity and help resolve conflicts

our definition of bullying

Actions by an individual or group usually repeated over time that negatively affects another individual or group physically or emotionally.

This can happen in the real or digital world.

(Amended from "Safe to Learn" DCSF 2007)

How does bullying differ from banter?

- There is a deliberate intention to hurt or humiliate
- There is a power imbalance
- It is usually persistent



Why are children and young people bullied?

Anyone can be bullied

Some bullies pick on people because of their:-

- Race, religion or culture
- Special educational needs or disability
- Appearance or health
- Sexual orientation
- Role as young carers, looked after children or other family circumstances
- Gender- sexist or sexual bullying
- Social group- chosen clothes, styles, music, hairstyles

We need to accept and value difference!

If bullying DOES occur we would like:

- it to be clear how to report any bullying incident
- to be listened to and taken seriously
- it to be monitored and recorded, action taken and followed up
- to be involved and feel secure about decisions taken on our behalf

What to do if you are being bullied

Tell some one you trust:

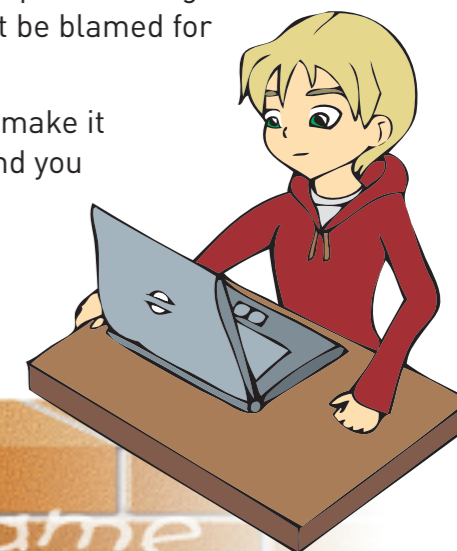
- Parents/carers, brothers/sisters friends
- An adult in your school, youth club or organiser of your activity
- Follow the procedure for reporting will be confidential

Also

- Try to avoid being alone in the places where you know the bully is likely to pick on you
- Keep a diary of what is happening
- You can talk to Childline free on 0800 1111, 24 hours a day

What you should not do

- Don't retaliate if you can help it- this might make it worse or you might be blamed for starting a fight
- Don't miss school it might make it more difficult to go back and you might fall behind



BULLYING HAPPENS IN THE REAL & DIGITAL WORLD!
RUMOURS
MOCKING
name calling