

ANTI-BULLYING ADVICE FOR CHILDREN



Denbigh Community Primary School believes that all pupils are entitled to learn in a **safe** and supportive environment; this means being free from all forms of bullying.

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What is bullying?

A bully is a person or a group **hurts** someone else mentally, emotionally or physically **several** times on **purpose**.

Bullying is:

Several

Times

On

Purpose



Bullying is not:

- Falling out with a friend
- An argument
- Accidentally hurting someone's feelings

What you can do to help...

You should always treat bullying seriously.

Find a way to make it **STOP** so that you can feel safe and happy in school and throughout your life.

What should I do if I am being bullied?

Start
Telling
Other
People



Who can I tell?

Parents/Carers
Grandparents
Teachers
Teaching Assistants
Coach or Club Leader
Trusted adults
A friend

How can I protect myself online?

- Use age appropriate websites and apps
- Use block function
- Report anyone cyber bullying
- Tell a trusted adult

Help and support

Childline is a free helpline for children available any time, day or night. 0800 1111

www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/

Childnet has support for children about online harms.

www.childnet.com/

Kidscape has information for children about what to do if they are being bullied.

www.kidscape.org.uk/advice/advice-for-young-people

If you are being bullied:

DO...

- Use eye contact and tell them to **STOP**.
- Ignore them.
- Walk away.
- Tell someone.
- Remember it is not your fault and you are **NOT** alone.

DON'T...

- Do what they say.
- Hit them.
- Say mean things back.
- Try to hurt their feelings.



What should I do if I see someone being bullied?

- Tell someone
- Tell the bully to **STOP**

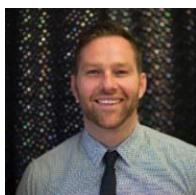
What will the adults in school do?

Incidents of possible bullying will be reported to the victim's class teacher, who will investigate the incident, set consequences for the perpetrator before informing the headteacher, leadership team or safeguarding leads.

The perpetrator will be helped to understand the consequences of their actions and warned that there must be no further incidents. Parents are informed of bullying incidents and what action is being taken.

Who can help...

Speak to your trusted adults in school such as your Class Teacher, Teaching Assistant or as always if you have worries speak to us...



Mr. Holt
Headteacher & DSL



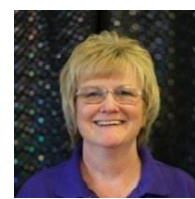
Mr. Bourke



Mrs. Bird



Mrs. Newby



Mrs. Young

DDSLs

Staff, families and pupils work together to **STOP** any bullying at Denbigh Community Primary School.

