

# **Anti Bullying Policy Annex A**

## **GUIDELINES FOR PUPILS AND STUDENTS**

### **If you are being bullied**

- remember that silence is the bully's greatest weapon!
- tell yourself that you do not deserve to be bullied, and that it is wrong. Be proud of being yourself, and of your individuality.
- understand that being different is not necessarily wrong, as long as you are respecting the rules of the school community.
- try not to show that you are upset even though this is very hard, as the bully will thrive on this reaction.
- try to stay with a group of friends who will support you.
- be assertive, without being aggressive or fighting back as this tends to make matters worse - use the 'assertiveness' techniques which you may have had opportunity to practice in PSHE.
- walk confidently away.
- go straight to someone you trust - a teacher, member of staff, an adult or an older –pupil or prefect, or talk to an adult at home first if you wish - but don't keep it a secret, especially if the bully has threatened you if you tell anyone.
- try to keep things in proportion and do not over react. Seeking advice will help to solve the problem more quickly.

### **If you know someone is being bullied**

take action! Watching and doing nothing looks as if you are on the side of the bully, and makes the victim feel more unhappy and alone.

if you feel that you cannot get involved at that time, tell an adult or older pupil immediately. Teachers will know how to deal with it without getting you into trouble.

do not be, or pretend to be, friends with a bully; but support them when they change their anti-social behaviour and encourage or accept their return into groups of friends, inside and outside of school.

See the website for the full policy