

Cyber Bullying

Cyber bullying is when people say unkind or threatening things to you by text, email, on social media or over the internet.

Here are some ways you can stay safe online:

- 1) Don't share any personal information online.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- 3) Never give out your passwords.
- 4) Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- 5) Never use your own photograph but use an avatar instead.
- 6) Remember that not everyone online is who they say they are.
- 7) Think carefully about what you say before you post something online.
- 8) Respect other people's views. Even if you don't agree with someone else's views it doesn't mean you need to be rude.
- 9) If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.
- 10) If anyone says anything that makes you

At Percy Hedley School we believe any form of bullying is completely unacceptable.

We want OUR school to be bully FREE.



We want children to be able to come to school feeling happy and safe.

We want people to respect each other and get on well together.

Our responsibilities as pupils and staff at Percy Hedley School :

- Act in a respectful and supportive way towards one another.**
- Take responsibility for telling someone if we are being bullied or have seen someone being bullied.**
- Support each other and ask for help to make sure that everyone feels safe, and nobody feels left out.**
- You can talk to any member of staff in school if you are worried**
- If you want to talk to a Safeguarding lead you can talk to Rebecca Fletcher, Claire Hayden or Corin Orr.**

Percy Hedley School



Pupil Friendly Anti Bullying Policy



ABOUT BULLYING...

What is Bullying?

- ☑ Bullying is intentional (not an accident). A bully hurts someone on purpose.
- ☑ Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't a fall out between friends or over the football.
- ☑ Bullying can be by one person or a by a group of people.

**Bullying Happens:
Several
Times
On
Purpose**

Bullying can be.....

- ☑ **Emotional:** Hurting people's feelings, leaving you out, gossiping.
- ☑ **Physical:** Punching, kicking, pushing, damaging their belongings.
- ☑ **Verbal:** Name calling, teasing, offensive remarks.
- ☑ **Cyber:** Saying unkind things by text, e mail or social media.
- ☑ **Prejudice:** Racial, religious belief, gender, sexuality, special educational need or disability (Protected Characteristics)

Who can I tell if I am being bullied?

- ☑ Parents/carers.
- ☑ A friend.
- ☑ Teachers, LSA's, Therapists. (Any school staff)
- ☑ Any other trusted adult
- ☑ Designated Safeguarding Team
- ☑ Childline



MOST IMPORTANTLY:- If you are being bullied or know someone who is...

**What to do:
Start
Telling
Other
People**

If you are being bullied:

DO:

- ⇒ TELL SOMEONE!
- ⇒ Ask them to STOP if you can, use words, signs or symbols.
- ⇒ Ignore them.
- ⇒ Move away from them.
- ⇒ Add a note in your 'we are listening' box if you are too nervous to speak openly about it.
- ⇒ Send a staff member an email if you don't want to or cant talk about it.
- ⇒ Talk to a friend or your parents/ carers

DON'T:

- ⇒ Do what they say.
- ⇒ Get angry or look upset.
- ⇒ Hit them.
- ⇒ Think it's your fault.
- ⇒ Hide it.

Bullying is not:

- ☑ A 'fall out' with a friend.
- ☑ An accident.
- ☑ Something that happens only the one time.
- ☑ A one off physical act of aggression e.g. pushing someone.
- ☑ But if you are worried about someone's behaviour, let someone know who can help you!