

How Our Lady of the Missions Can Help!

We Will:

- Listen to your concerns and take them seriously
- Investigate what you have said
- Take appropriate action to end the bullying behaviour
- Support you by either offering Peer Mediation, or a named member of staff who will be there for you!

WE can beat bullying behaviour!

There are some useful websites that might be able to give you some more information.



www.respectme.org.uk/bullying

<http://www.beatbullying.org/>

www.ceop.police.uk

<http://cyberbullying.org>

www.getsafeonline.org

Our Lady of the Missions Primary School



Preventing Bullying Behaviour



Information for Pupils

What is Bullying Behaviour?

Bullying behaviour can be seen in many forms. It can be calling someone names, sending nasty text messages, hitting or kicking or by doing anything else to try and hurt or upset someone. No matter what, bullying is wrong! It is useful to know the different ways people can be bullied so that we can finally put a stop to this sort of behaviour.

Physical – the use or threatened use of violence towards a member of the school community

Psychological/ Mental – isolating a member of the school community by turning others against that person

What is Bullying Behaviour?



Verbal – name calling or taunting of a member of the school community

Online – sending texts or emails or abusive comments on social networking sites. This is taken very seriously and there are laws to deal with it.

What Can You Do?

The most important thing is that you must do something! The school can help to stop bullying **but only if they know it is happening.**

- **Tell someone you trust**, such as your teacher, parent, friend, Depute Head or Head Teacher
- If you can, **write down everything** that has been said or done to hurt you. It is sometimes useful for the person helping you to see exactly what has happened.
- **Don't be worried.** Telling someone is the first step to getting it all sorted!

What should you not do?

- React to the situation as you might end up being accused of bullying yourself.
- Hide what is happening from the adults you trust. They want to help you!
- Blame yourself – it is not your fault that this is happening to you.
- Try to deal with the situation yourself.

Helping others

You do not have to be the one being bullied to act. You can help by:

- Being a good friend. People being bullied often feel very sad and alone. It is important that they know that somebody cares.
- Talk to your teacher or another adult. Make sure that someone knows what is going on so that they can help.
- Speak to the Peer Mediators