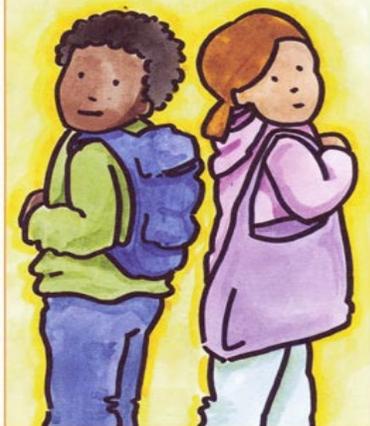


# Anti-Bullying Guide



ELTHAM COLLEGE

# What Is Bullying



## Bullying can be defined in many ways:

- “Bullying is behavior that hurts someone else. It includes name calling, hitting, pushing, spreading rumors, threatening or undermining someone.

It can happen anywhere – at school, at home or online. It’s usually repeated over a long period of time and can hurt a child both physically and emotionally.” (NSPCC)

### • Some other ways a person can be bullied include:

- Leaving people out of games.
- Making someone do something they don’t want to.
- Taking or hiding or stealing things like bags and stuff.
- Making fun of someone.
- Sending unkind messages to them.
- Making them get into trouble.

**If any of these things are happening to you, please ASK FOR HELP!**

## Types of bullying

### V=Verbal

**Examples:** Calling people names/ negative speaking.

### I=Indirect Spreading

**Examples:** Rumours behind someone's back / Stealing.

### P=Physical

**Examples:** Hitting, punching/ direct contact.

Many bullies hide behind the term ‘banter’. Banter is never an excuse for deliberate and repeated acts of unkindness.

It is important to understand that bullying is not the **odd occasion** of falling out with friends, name calling, arguments or when the **occasional** trick or joke is played on someone. It is bullying if it is done several times on purpose. Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children’s development to learn how to deal with friendship breakdowns, the odd name calling or childish prank. We all have to learn how to deal with these situations and develop social skills to repair relationships.



## Bullying is not:

There is a difference between teasing and taunting:

- Teasing is usually harmless fun, like when two friends joke about something and both people laugh. It should stop if someone becomes upset about it
- Taunting is when 1 person says something on purpose to hurt another person’s feelings or to make them upset. If the taunting keeps happening even when the person says they don’t like it, it is bullying.

**Bullying isn’t (normally) when you fall out with friend or have an argument with them.**

**Bullying is not when you have a difference of opinion with someone.**

**Accidents are not bullying.**

Upset  
Ashamed  
Stressed  
Sick and helpless  
Powerless  
Want to hurt myself  
Blame myself  
Hopeless  
Need help  
Lonely  
Worried



Scared  
Angry  
Afraid  
Like I don't fit in  
Confused  
Depressed  
crying  
Embarrassed  
Can't sleep  
Shut out  
Need someone to talk to

# Feelings associated with bullying

## Why do some children bully?

Sometimes children bully because they feel jealous.

Maybe they feel small and think that by hurting others they will feel big.

Maybe they are being bullied at home or by someone else and they think it is okay to bully.

They don't know how to solve problems in a respectful and fair way.

They think that making people laugh at others makes them popular and they want to show off

They feel bad inside and want to make other people feel bad.

They don't realise that bullying is wrong and hurtful.

Something has happened at home that makes them angry so they take it out on someone else.

They've started bullying and don't know how to change even though they know it's wrong.

Maybe things are happening in school or at home and they feel like things are out of their control.

When they bully someone else they feel good because it is something or someone they can control.

They don't understand how other people think or feel.

**No matter what the reasons are for bullying, it is always wrong and unfair. It is never okay to bully or be bullied!**

## What if you are the bully?

**How to stop yourself bullying?**

- Apologise to the person or people you have bullied - Do it privately and don't be upset if they are still suspicious of you - they just need to get used to the 'new' you.

**If you are the bully, YOU CAN CHANGE!**

- Join local clubs and groups. People outside school. won't know that you have been a bully and won't be put off by your reputation.
- Volunteer to help around the school to show you want to change.
- Take positive steps to help yourself. Some adults who were bullies as children often end up with all sorts of problems - failed relationships, few friends, frequent job changes, even prison records
- Talk to someone about the problem - you can talk to your parents, a teacher or anyone listed on the important info page of this booklet. If you feel you haven't got anyone to talk to then contact one of the organizations listed at the back of this booklet.

# I am being bullied. What can I do?

## **ASK FOR HELP!**

Telling someone you trust like a teacher, friends or family is really important.

## **DON'T KEEP IT TO YOURSELF!**

You'll be amazed how much better you'll feel, just telling someone or asking for advice.

## **Here are some other ideas that may help:**

- Tell them to stop in a loud, strong voice.
- Try to stay calm (Try not to cry and don't get angry).
  - Delete accounts where you are bullied.
- Say nothing and walk away (Don't be horrible back).
- Keep a bullying diary to record what has been happening and how it makes you feel. (That way you should have something to show to someone when you feel ready to tell.)
- Ignore the bully where possible (remember the bully is looking for a reactions from you so don't give one).
  - Always try and stay in a group where you feel safe.
- Ask a friend to accompany you, it could give you more confidence, especially if they have witnessed the incident/s.

Details of Eltham College's contacts and other associated internet sites and helplines can be found further on in this booklet

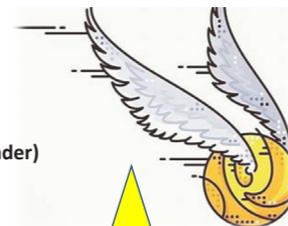


# Why we should all be Snitches (Be an upstander not a bystander)

## What can I do if I see someone else being bullied?

- If you see someone being bullied and don't do anything to help then you are almost helping with the bullying. You might feel afraid but there are things you can do to help without putting yourself in danger.
- ✓ Tell a teacher, another adult, or your parents. They will think of ways to deal with it straight away and will be glad that you have told them what is happening.
- ✓ Try and befriend the person being bullied
- ✓ Try to encourage the person to talk to someone and get help.
- ✓ Talk to an anti-bullying ambassador who will listen and offer support

MOST PUPILS SAY THEY DON'T LIKE SEEING BULLYING IN THEIR SCHOOL, IT MAKES THEM FEEL WORRIED AND UNCOMFORTABLE



One reason people don't take action against bullies is that they are just as afraid of being labelled a snitch.

Bullying is a cowardly act and cowards work best in quiet dark places. When you speak out about bullying you are not "snitching". You are turning on a light so nobody else gets stuck in the dark with the bully. Bullies need help too, by snitching you are helping them see the light and get out of the dark.

## **Why do people see snitches as a bad thing?**

Someone might say a word or phrase associated with snitching to scare a person into staying quiet. Usually this means that they know they have done something wrong and are trying to avoid getting into trouble.

## **SILENCE DOESN'T KEEP ANYONE SAFE!**

Tell someone, if that person doesn't pay attention, tell someone else. Try to tell an adult, (a person who can and will take action). If you are scared make sure you tell the adult that too.

# Important Info

Eltham College takes bullying very seriously.  
Bullying of any kind is unacceptable and will not be tolerated in our school.

At Eltham College we acknowledge that bullying may happen from time to time. If this is happening to you, then below is a list of Eltham college staff you should be able to tell and know that the incident will be taken seriously and dealt with promptly and effectively in accordance with our Anti-bullying policy:

- Form Tutor/Subject teacher
- Mr Meier-Head of Year 7 and 8 and Deputy Safeguarding Lead
- Cheryl and Terri-the school nurses
- The Chaplin-Mr Houghton
- The Deputy Head - Mrs Massey - Designated Safeguarding Lead, head of our anti bullying ambassador scheme

**THESE PEOPLE CAN BE CONTACTED IN PERSON, BY EMAIL, BY LETTER, OR BY PHONE.**

**ALL STAFF EMAIL ADDRESSES CAN BE EASILY FOUND ON THE SCHOOL WEBSITE:** <https://www.elthamcollege.london>

If you want to report something anonymously, you can email [Concerns@eltham-college.org.uk](mailto:Concerns@eltham-college.org.uk). Your email will immediately be seen by Mrs Massey who will be able to help.



We also have our School Counsellor, Jess. You can email her to book a drop-in session, or pop in to speak to Cheryl or Terri.

If you feel you can't talk to anyone mentioned in this booklet then please contact one of the many organisations outside of school by phone or internet.

Here are a few:

Kooth  
[Kooth.com](https://www.kooth.com)

[The Diana Award  
diana-award.org.uk](https://www.diana-award.org.uk)  
[Anti-bullying Support Centre](https://www.anti-bullying-support-centre.org.uk)

Get Connected  
Helpline: 0808 808 4994

Bully Busters  
Helpline: 0800 169 6928  
[bullybusters.org.uk](https://www.bullybusters.org.uk)

<https://www.youngminds.org.uk>

Childline  
Helpline: 0800 1111

National Bullying Helpline  
Tel: 0845 22 55 787

Bullying UK (Part of Family Lives)  
Helpline: 0808 800 2222

<https://www.anti-bullyingalliance.org.uk>



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