



Onchan School - Learning Heroes

Bullying is wrong!

Nobody has the right to hurt other people by hitting them, kicking them, calling them names, sending them threatening text messages, spreading rumours about them, or by doing anything else which is intended to be upsetting or is consistent.

People who are bullies try to make their actions acceptable by saying that it is the other person's fault, or that they are 'different'. They may pick on someone because they are tall or short, fat or thin, wear glasses, has a different accent or religion, or is shy or clever, good looking, disabled the list is endless!

If this is happening to you, it is not your fault and it is the bullies who need to change ... not you!

Our school has a policy to deal with bullies and you have the right to ask a teacher or another adult to help.

What you can do...

Whatever you do, however you feel, the most important thing is to do something. Sometimes the bullying stops quickly, but if you do nothing it might mean that it may carry on until someone get seriously hurt or upset. It could be you, or the bullies could move on to someone else.

If you tell us about being bullied then we can act to make it stop.

- ✓ Talk to someone you trust, such as a teacher, parent, older family member or friend.
- ✓ Don't give up, if the first person you talk to doesn't help, then talk to someone else.
- ✓ Try to write everything down which has been said or done to you. Only write things down that have actually happened. Write down how this has made you feel. When you have found someone to talk to, show them what you have written.

✓ If you find it difficult to talk to an adult, ask one of your friends to go with you, or ask someone to talk to an adult for you.

✓ You could telephone CHILDLINE on their Special Bullying Helpline on **0800 44 11 11**. The call is free and there will be people there to talk to who will offer you help and advice. They will not tell anyone else about what you have told them, unless you ask them to or agree to them doing this.



"Learning is a journey, to be taken together, one step at a time"

Onchan Primary School
School Road, Onchan, Isle of Man IM3 4PD
email: OnchanEnquiries@Sch.im
tel: 01624 673465

Remember!

- × It's not your fault if you are being bullied.
- × Don't blame yourself.
- × Don't try to deal with these bullies on your own - ALWAYS ask for help!
- × Don't do to them what they are doing to you- You could find yourself being told that you are a bully.
- × Always tell the TRUTH about what has happened. Don't try to exaggerate what has been happening. Even if just a little of what you are saying is found to be untrue then everything else will also be in doubt.
- × Tell the adults you trust about what is going on, these people can help you.

You don't have to be the one being bullied to act. Bullies enjoy watching the reaction of other people. If you see someone being bullied and do nothing the bullies might think that you agree with what they are doing.

If you know someone is being bullied, make sure that you tell a teacher what is going on. If the bully is an adult, talk to a teacher you

trust, your parent or carer or any adult you trust.

If you do nothing it could be your turn next. You can help by:

- Being a friend to someone who is being bullied. People being bullied can feel alone and helpless, so it's important for them to know that someone cares.
- Offering to talk to the person being bullied about how they are feeling and encouraging them to ask for help. You could offer to ask for help for them.
- Raising the issue of bullying with the School Council or in class discussions.

Getting help!

Freephone 0800 11 11 or 0800 44 11 11
Childline's general helpline for children is always open.

www.antibullying.net - the Anti-Bullying Network's website has information for pupils, parents and teachers about bullying and how to tackle it.

At Onchan School...

We know that bullying is not...

Name calling which isn't consistent.
Bad manners
Accidental tripping up
One off incidents
Being bossy
Playing jokes or being silly
Being grumpy once
Not liking someone
Not wanting to play with someone
Falling out with someone
Having jokes between friends
Different opinions
Someone only hurts you once
Leaving someone out because they play rough
Accidental hurting
Pushing someone just once
Beating someone in a competition
Not being friends with someone

We know what to do and who to go to if we are worried about bullying...

We will...

Stay strong and tell the person to stop
Ask a friend or adult to help
Stand up for ourselves
Ignore the bully
Walk away
Play with different people
Tell the bully how you we feel
Stay away from the bully