

What is Bullying?

At Blenheim High School we consider that bullying is:

When a person or persons deliberately hurt others over a sustained period of time. Bullying makes the victim(s) feel uncomfortable and intimidated and often results in pain and distress to the victim(s). These are just some ways that victims describe bullying:

- Being called names
- Being stalked
- Being teased
- Being physically assaulted
- Being forced to hand over money, mobile phones or other possessions
- Getting abusive or threatening text messages, emails, or hurtful social network comments
- Having rumours spread about them
- Being ignored or left out
- Being picked on because of their religion, gender, race, sexuality, social background, appearance or disability

**BULLYING WILL NOT BE TOLERATED
AT BLENHEIM HIGH SCHOOL
AND WE OPERATE A ROBUST
ANTI-BULLYING POLICY**

Advice and Tips

If you are being bullied in school ...

Avoid places where you know that the bullying normally takes place ~

- People who bully want to get a reaction out of you, but don't retaliate
- Try noting down dates, times and places of when the bullying happens
- Make sure you've got your friends around you most of the time
- Don't suffer in silence. Bullying is wrong - so tell someone about it

If you know someone who is being bullied ~

- Don't ignore someone else being bullied
- Try to 'be there' for the person being bullied
- Don't get into a fight on behalf of someone else
- If someone is in danger, get help right away
- Tell someone about it - they might be able to help

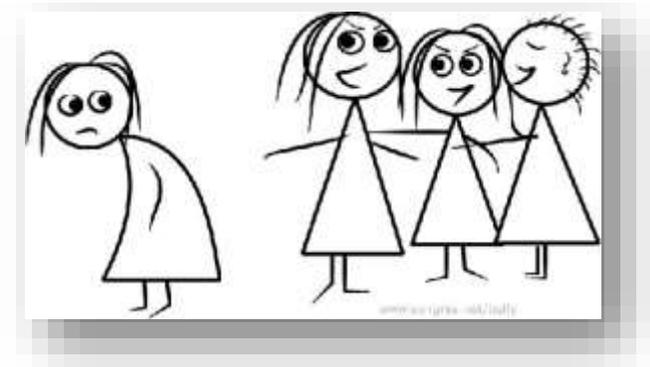
If you are bullying someone ~

- It's not too late to stop bullying
- Ask yourself why you're behaving that way, do you really want to hurt or upset people?
- Are you taking out your anger on other people because of stuff at home?
- Are you jealous of other people?
- Talk to someone about your situation

Blenheim High School



Anti-Bullying Advice for Students



Don't suffer in silence!

This leaflet is designed to help students at Blenheim High School who are affected by bullying; either through their experiences of being bullied, knowing someone who is being bullied or actually bullying someone themselves.

What to do if you're being bullied

Those who bully others like to think that they have power over their targets, so you need to remove that power. There are things you can do to deflect people who bully:

- Act more confidently
- Hang around with friends or an adult at times when you're most in danger of being bullied
- Don't fight back. It can make the situation worse
- Tell someone! **'Report' not 'Respond'**.
- Breaking the silence is the most important part in fighting back against bullying. If you've kept a diary of when the bullying has been taking place, this can be very helpful when you tell a teacher or parent what's been going on.

Online or mobile phone bullying

If you're being targeted by mobile phone, always tell someone you trust at school. Please do not feel too scared to tell because of the repercussions and being called a 'grass'. We will ALWAYS deal with your reports extremely sensitively. You and your parents/carers may also consider:

- Contacting your service provider with details of the calls or texts that are causing you concern.
- You may also want to change your SIM card in your mobile. It's not fair that you have to do this, but it is an easy solution. You still need to tell somebody what's going on.
- If you're being targeted online or by email, contact your internet service provider and also the company who provides your email.

If you can produce written evidence of what's been going on, it may be possible to block the bully's account.

NEVER GIVE OUT YOUR EMAIL ADDRESS OR MOBILE NUMBER IN ONLINE CHAT ROOMS

What to do if someone you know is being bullied

It's hard to see your friend(s) being picked on, and although you may feel powerless to act, there are things that you CAN do to help ~

- Be a friendly ear
- Tell someone → go to Student Support Centre, Form Tutor or Peer Mentor if a Year 7
- Don't encourage the bullies by laughing or smiling at the things they say or do
- If you can, tell the bullies that you don't accept what they're doing and try to get them to stop
- Don't ditch your friend(s) - stand by them
- Don't get into physical fights with the bullies

Your friend(s) may be reluctant to tell somebody what's going on; try and 'be there' for them and encourage them to speak out. If you and your friend(s) ignore what is happening, the person who is bullying is winning. It may be worth having a word with a parent or a member of school staff on your friend's behalf.



Who can I talk to?

- Your parents/Carers or anyone at home
- Any adult at school or any student you trust
- www.cybermentors.org.uk

What to do if you're bullying other People

If you feel you are acting like a bully, you need to talk to someone you can trust and try to explain why you do it. There may be things going on in your life that's making you take out your anger on somebody else.

Here are some things to think about if you're bullying somebody:

- Think about the pain and upset you are causing to the person you're picking on. It could be seriously affecting their day-to-day life
- Imagine how scared you would feel if the bullying was happening to you
- Is it worth getting into trouble?
- You'll probably be much happier in yourself and more popular if you stop bullying
- Be mature enough to stop and think about what you are doing
- Bullying won't win you any friends; it just makes people scared of you

If you think you're bullying others, try and get to the bottom of why you're acting that way. Is there a reason you're taking out your anger or frustration on someone else? Talk to someone you trust and try to work things out.

Bullying is wrong and nobody deserves to be bullied. One day, you could be in a different position as the target of bullying. You need to stop before you get into trouble.



COPIES OF THIS LEAFLET CAN BE OBTAINED FROM THE STUDENT SUPPORT CENTRE (SSC)