



You are displaying bullying behaviour if you consistently do any of these things to someone else

- Call them names
- Spread rumours about them
- Make up stories to get them into trouble
- Take their friends away, leaving them on their own
- Tell other people not to be friends with them
- Look at them in a nasty way
- Hit them, kick them, trip them up or push them around
- Make nasty remarks about their:
 - clothes
 - family
 - culture, religion or colour
 - looks or weight
 - disability or medical condition
- Often leave them out when choosing a games team
- Laugh or sneer at their work
- Tell them you're busy and then go off to enjoy yourself with other people
- Take away their possessions
- Demand money or possessions from them
- Damage their property
- Hide their bag, books or other belongings
- Make jokes about them when you can see they're upset
- Send them nasty notes
- Write graffiti about them on books, pencil cases, desks etc.
- Send them nasty messages on their phone
- Write nasty things about them on the computer
- Carry on 'messaging about' when you can see they're not enjoying it
- Make threats about nasty things that will happen to them
- Go along with the crowd who are doing any of the above

Don't display bullying behaviour.

Don't make someone's life a misery.

Lingfield Primary School
Partners in Learning

Friendship and Anti-Bullying Advice

For Pupils and Parents

- **What is our aim?**

We are committed to providing a caring, supportive, friendly and safe school for all pupils so that they can learn in a relaxed and secure environment. Having friends, learning and playing harmoniously, is an important expectation of school life. Bullying however, of any kind, is always unacceptable and will not be tolerated at Lingfield Primary School. If bullying does occur we need to know about it so that you can feel safe in the knowledge that it will be dealt with promptly and effectively. Bullying is not a spectator sport. It is our policy to encourage an atmosphere where anyone who knows that bullying is happening will talk to a member of staff.

- **Who is a good friend?**

Someone who you enjoy talking to and playing with
Someone you can trust
Someone who likes doing the same things as you
Someone who is kind and makes you feel good

- **What is being bullied?**

It feels deliberately aggressive
It's repeated and is threatening
It feels powerful (even in a relationship)
It could be by a group or an individual
The actions result in pain, hurt and distress (physical and/or emotional)
It does not stop when you have asked

Bullying hurts.

Bullying is wrong.

Bullying won't be tolerated.

Everyone has the right to go home happy.

- **What to do if you know that someone else is being bullied**

It is the duty of everyone who is aware of bullying to act to stop it.

- **What to do if you are being bullied**

You should tell someone. This can be hard if you're frightened, but bullying may not stop if you don't tell someone. Talk to someone you can trust:

- ✓ a friend
- ✓ a parent or other relative
- ✓ your class teacher or teaching assistant
- ✓ any member of staff

- Ask for help – don't try to deal with the problem on your own
- Tell the bully to stop and say that you don't like it
- Resist the temptation to hit back – you could also end up being accused of bullying
- Tell the truth and don't exaggerate – if a small part of what you say is found to be untrue, everything else may be doubted too
- Keep telling an adult until it stops
- Stay calm and believe in yourself

Don't try to stop your parents telling the school.

Bullying is not a normal part of school life.

- **What to do if you think you have shown bullying behaviour towards another**

A lot of people don't realise that what they say or do is upsetting someone else. If you think you might have bullied, you should talk to someone. You know that bullying is wrong. Talk to someone you can trust (see list above). They will give you support and help you to stop.