



# **ANTI-BULLYING AT BOXGROVE**

**At Boxgrove we want every child to:**

- **Love learning**
- **Find their strengths and talents**
- **Achieve more than they thought possible.**



**Remember, it's important to talk to someone if you are experiencing any form of bullying or if you know someone who might be.**

# HOW TO BE A KIND FRIEND

- Do treat people with respect
- Do be polite
- Do play kindly
- Do be kind and helpful
- Do smile at others
- Do let others join in with your game
- Do be sensible together
- Do share.



## IS IT BULLYING?

**Bullying is:**

**S**everal  
**T**imes  
**O**n  
**P**urpose

It is planned and targeted by the bully over a period of time.

**REMEMBER, Bullying is several times on purpose and planned or targeted behaviour to deliberately harm someone physically or emotionally over a period of time.**

**Don't retaliate, use your voice, speak out and tell someone.**

**Bullying is not:**

- An occasional argument
- A friend sometimes being nasty
- When a friend does not let you decide on the game to play or does not take turns as you think they should
- Problems over a short period of time with others.

“Bullying is not when children fall out or won't take turns. This might be selfish but it is not bullying.” Boxgrove child



# IS IT BULLYING?

If these actions occur often and are intentionally committed, they may be classed as bullying.

Being physically abused



Having your possessions taken



Name calling or spreading rumours



Being humiliated or intimidated



Called names because you appear different to other people.



Saying unkind things by text, email or social media



Bullying is a serious issue, and it's important to speak to someone if you are experiencing it or if you know someone who might be.



# BULLYING

## Tips on bullying from children like you...

- B**e able to stand up for yourself
- U**se your voice to tell a trusted adult
- L**earn to be brave
- L**oneliness is not an option
- Y**ou have your own opinions
- I**dentify when you're being bullied
- N**ever doubt yourself
- G**ive yourself confidence

*Stronger  
THAN  
Yesterday*

- It's ok to say so and talk about how you feel. For instance, you could say "I'm kind of scared to tell you this, but..." or "Something happened that really bothered me..." Or "It's really hard to talk about this..." or "I'm afraid you're going to be mad at me, but..."
- "You are worth so much more than you think. Being bullied is scary, painful and really hard - but you don't have to suffer in silence. Speak to someone you trust to let them know what is happening and together, you can work to make it better. I did and it stopped"

Youngminds

**Even if you see someone being treated unfairly or bullied you must:**

- Not be shy to tell an adult about what you have seen
- Tell the person that you don't agree with what they said or did
- Even if they are your friend, make sure you feel confident to have a voice and speak out
- Tell a friend and speak together to a trusted adult.

**B** the best you can be