

WHAT TO DO IF YOU ARE WORRIED-Senior

Bullying

Bullying will not be tolerated.

Maybe you see someone else being bullied, don't let it happen, tell a member of staff.

Get support and get it sorted

If you are being bullied - Remember bullies thrive on silence

- If you are being bullied tell someone, preferably a trusted adult
- If you can, write down everything that has been said or done to hurt you. Be careful only to write down things that have really happened.
- Do not blame yourself – it is not your fault
- Make friends or stay around others
- If worried, stay near a playground supervisor or school mentor at break
- Expensive items and large sums of money should be left at home
- Try not to show you are upset
- Try to ignore it at the time of the incident - stay calm - walk away to safety.

If you see someone being bullied

- If you see someone being bullied or in distress **ACT**. Watching or doing nothing can suggest support of the bully.
- Tell an adult immediately
- Try to be a friend to the person who is being bullied
- Ask if they feel they can talk to someone. If they won't talk to someone and you are worried about them, go to a trusted adult.
- Never join in with a bully – physically, verbally or by isolating another child

Everyone is unique. Let's celebrate our differences

- 161 million people wear glasses
- 250 thousand children are adopted worldwide each year
- 200 million people move to live in a different country
- 67 million people stutter
- More than 300 thousand children have two mums or two dads
- There are 1 billion people who are overweight

Don't suffer, Bullying can take many forms

Social

Exclusion
Rumors

Verbal

Threatening
Taunting
Teasing
Hate Speech

Physical

Kicking
Hitting
Punching
Choking

All the staff at Potterspur Lodge School are here to help you! We are a telling School.