

Action On Bullying – Information For Pupils

What is bullying?

Currently our definition of bullying is 'Bullying is a form of cruelty and abuse that can cause great suffering and unhappiness to the person who is being bullied and to the family of that person.'

What does bullying involve?

It can take the form of on-going:

- teasing
- verbal abuse
- taunting or threatening
- deliberately damaging another person's work or taking something of his or hers
- physical attacks
- exclusion - deliberately making someone an outsider by, for example, not allowing him or her into a game
- cyber-bullying, that is, bullying via the media of mobile phone, computer and social networking sites; this has become more prevalent.

How to tell if someone is being bullied:

- If someone in your class is taking a lot of time off school, getting to school late or trying to avoid being in situations like the toilets or changing rooms
- If you hear someone calling another student names, not loudly, but so that they will overhear
- If there are rumours being spread, in person or online
- If a student is being left out when partners are chosen in class
- If they spend break and lunchtime on their own.
- If they are being excluded from social activities outside of school
- If they are being abused on the internet, phone or instant messaging

What can I do to help stop bullying in our school?

If you are being bullied:

- Try to stay calm and look as confident as you can
- Be firm and clear; look them in the eye and tell them to stop
- Get away from the situation as quickly as possible and
- Tell an adult/buddy what has happened straight away or 'safe complain'.

After you have been bullied:

- Tell a teacher/buddy or another adult in school or use your 'safe complaints' box in your form room
- Tell your family
- If you are scared to tell on your own, take a friend
- Keep on speaking until someone listens and then acts on your behalf
- Don't blame yourself
- Be clear about what has happened to you, how often, who was involved, where it happened and any witnesses. Use a 'bully log' to gain evidence for your Lead Learner.
- If you experience cyber-bullying, report it to an E-cadet. Encourage your parents to report incidents to the police.

If you see someone else being bullied:

- Tell a teacher, or another responsible adult, an anti-bullying buddy, or post in the 'safe complaints' box.
- Go with the person being bullied and support what they say to the teacher
- Tell your parents or tell the person being bullied that you will help them to tell their parents
- Ask your parents to have a quiet word with the Lead Learner.
- Agree with your friends that you will all make it clear to the person doing the bullying that you don't like what they are doing
- Keep a diary of what you see going on or what you experience so that you can give a teacher a reliable account of what has been happening
- Invite the victim to join your group.

You must always tell someone. Only then can the school talk it through with you and decide the best course of action.

Our Anti-Bullying Promise:

As a school we promise to:

- Regularly consult with you to get a true picture of the nature and extent of the problem
- Be pro-active in preventing bullying
- Develop our E-cadets scheme to tackle cyber-bullying
- Work with outside agencies and provide counselling services to support victims of bullying
- Provide effective supervision in key areas of the school
- Ensure there is a 'safe place' to go to
- Provide access to safe reporting
- Make use of peer support
- Display details of where help is available.

We at Ysgol Rhiwabon will not tolerate bullying; it has no place in our safe and nurturing environment. While we are confident that we deal with all incidents of bullying that we are aware of, we believe that there is no room for complacency and that any school which states that bullying does not take place there, is deluding itself.

How should we behave towards one another?

The school will be a happier place for us all if we:

- Help one another
- Look after one another
- Invite others to join in
- Are willing to listen to others
- Respect everyone's point of view