

## Anti-Bullying Code: For Students by Students

### What is bullying?

Bullying is intentional behaviour by an individual or group that is

- Repeated over time
- Causes physical or emotional harm

It can be about anything and happen to anyone.

It can happen in lessons, around school, on the way to and from school and online.

Bullying causes harm and long-term effects.

It can be repeated name-calling, teasing or physical behaviour. Even if the person who has displayed bullying behaviour or others say that it is a joke, if it causes harm and is repeated, then it is bullying.

### What to do if you feel you are being bullied?

- Walk away calmly from the situation as soon as it is possible
- Don't just hope it will stop – don't just try to ignore it. Take some positive steps to improve your life
- Keep a log each day of what has happened, who was involved and how it made you feel
- Don't be afraid of reporting the bullying to an adult / parent or someone you trust – it WILL get better
- Keep reporting it / talking about it
- Keep any evidence of online bullying and report this
- Block any users on social media who have bullied you
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Visit these websites for advice and guidance –

<http://www.bbc.co.uk/programmes/articles/3qVx5ZQbmhCSySn0C3CjDjv/category-bullying>

<http://www.bullying.co.uk>

<http://www.stopbullying.gov/>

<http://anti-bullyingalliance.org.uk>

### What to do if you see bullying / if you are a bystander?

- **Never** join in or react in any way that encourages the person who has displayed bullying behaviour
- Stonewall the person who has displayed bullying behaviour – turn your back on them (and encourage others to do as well)
- Take positive action to support the person who has or is being bullied:

- Fill in a report at Student Services
- Tell a teacher or someone you trust
- Screenshot any evidence on social media and report to the school

### **What will the school do to deal with bullying?**

- Raise awareness through educating students in assemblies, tutor time and through events led by external agencies
- Bullied students will be taken seriously and treated with respect
- The school will suggest strategies to help the person who has been bullied deal with bullying
- The school will encourage all bystanders to stonewall people displaying bullying behaviour, support the person being bullied and report what they see
- The school will offer the person being bullied the support of an adult or counselling
- Bullying behaviour will be dealt with by the use of appropriate sanctions including parental meetings, isolation, report cards or exclusion
- People displaying bullying behaviour will be helped to change the attitudes and behaviour that have led to bullying behaviour

***'It is a collective responsibility of all members of the school community to deal with bullying and support those students that have experienced bullying'***

RIE/TW – anti bullying code for students