



Anti-bullying Respecting others

What is bullying?

DELIBERATELY hurtful,
REPEATED often

There are three main types of bullying:

- PHYSICAL:** hitting, kicking, taking belongings
VERBAL: offensive remarks including racism and about sexuality and disabilities
INDIRECT: cyber bullying including through facebook and through rumours

Sign and symptoms that someone is being bullied:

- Does not want to go to school
- Changes in usual routine
- Runs away or self harms
- Is overly anxious about normal activities
- Lacks confidence
- Becomes unreasonable

Students can help prevent bullying by:

- Actively promoting respect for others through whole school activities
- Supporting others through peer support
- Speak out through 'telling opportunities

What the school will do if bullying is reported:

- Listen to students and take them seriously
- Provide support and coping strategies and monitor progress
- Implement outcomes for all cases of bullying including getting the bully and victim together, imposing sanctions, informing parents, behaviour support strategies or exclusions

Alun School Council March 2015