

We want Eversfield to be a happy school – if you are unhappy at school then we need to know...

Here is some information to help you..

What is bullying?

- people calling you names;
- making things up to get you into trouble;
- hitting, pinching, biting, pushing and shoving;
- taking things away from you; stealing your money;
- nasty e-mails, texts, photos, comments on web-sites;
- damaging your belongings;
- taking your friends away from you;
- spreading rumours;
- threats and intimidation;
- bullies can also frighten you so that you don't want to go to school, so that you pretend to be ill to avoid them.



WE WANT A HAPPY SCHOOL

What does it feel like to be bullied?

Bullying hurts. It makes you scared and upset. It can make you so worried that you can't work well at school and don't want to be there. It can make you feel that you are no good, that there is something wrong with you. Bullies can make you feel that it's your fault.

Helping a friend

Maybe you're not being bullied, but you know someone who is - perhaps that person is not even a good friend, but a class-mate or someone from another class? Have you ever stood around and noticed that someone was being bullied, but weren't sure what, if anything, you could do? Or thought that nothing you could do would make a difference?

Don't ignore bullying

Here are a few things you can do:

- Don't rush over and take them on - it might not be a good idea and you don't want other people to think you are a bully.
- Let a teacher or another adult know what's happening.
- Try to be a friend to the person being bullied.
- Refuse to join in.
- Sometimes you can't sort it out yourself. Ask an adult for help.



TALK TO SOMEONE YOU TRUST

How to stop the bullying

******TELL SOMEONE******

- Tell a friend, tell a teacher or tell your parents/grandparents - it may not stop unless you do.
- Try to stay in safe areas of the school at break and lunchtime where there are plenty of other people....bullies don't like witnesses.
- If you are hurt at school, tell a teacher immediately.
- Keep a note or diary of what is happening.
- Don't give up.
- Remember that teachers will listen carefully when you tell them about things you are worried about.