

What is Bullying?

Bullying is when people deliberately hurt, harass or intimidate someone else. Every year more than 20,000 young people call ChildLine; these are some of the ways they describe bullying:

- Being called names
- Being teased
- Being punched, pushed or attacked
- Being forced to hand over money, mobile phones or other possessions
- Getting abusive or threatening text messages, e-mails or MSM comments
- Having rumours spread about them
- Being ignored or left out
- Being picked on because of their religion, gender, sexuality, disability, appearance, ethnicity or race

This leaflet is designed to help students at Tanbridge House School who are affected by bullying; either through their experiences of being bullied, knowing someone who is being bullied or actually bullying someone themselves.

Advice and Tips

If you are being bullied...

- Avoid places where the bullying normally takes place
- Use your best judgement. Sometimes giving in to their demands can help, but it's not a long-term solution
- People who bully want to get a reaction out of you, but don't retaliate
- Try noting down dates, times and places of when the bullying happens
- Make sure you've got your friends around you most of the time
- Don't suffer in silence. Bullying is wrong - so tell someone about it

If you know someone who is being bullied...

- Don't ignore someone being bullied
- Try to be there for the person being bullied
- Don't get into a fight on behalf of someone else
- If someone is in danger, get help right away
- Tell someone about it - they might be able to help

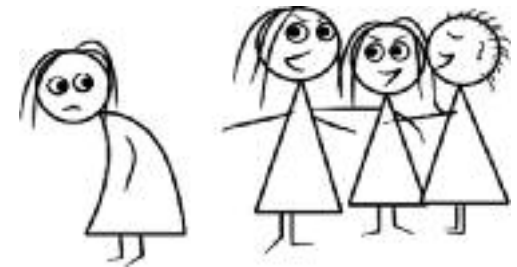
If you are bullying someone...

- It's not too late to stop bullying
- Ask yourself why you're behaving that way, do you really want to hurt or upset people?
- Are you taking out your anger on other people because of stuff at home?
- Are you jealous of other people?
- Talk to someone about your situation



Tanbridge House School

Anti Bullying: advice for students



Every Child Matters
Stay Safe

'Be protected from harm and neglect and grow up to look after themselves'

UN Convention on the Rights of the Child
(UNCRC Article 19)

Children should be protected from abuse and neglect



What to do if you're being bullied

Those who bully like to think that they have power over their targets, so you need to remove that power.

There are things you can do to deflect people who bully:

- Act more confident
- Hang around with friends or an adult at times when you're most in danger of being bullied
- Don't fight back. It can make the situation worse
- Tell someone

Breaking the silence is the most important part in fighting back against bullying. If you've kept a diary of when the bullying has been taking place, this can help you when you tell a teacher or parent what's been going on.

Online or mobile phone bullying

If you're being targeted by mobile phone, contact your service provider with details of the calls or texts that are causing you concern.

You may also want to change your SIM card in your mobile. It's not fair that you have to do this, but it is an easy solution. You still need to tell somebody what's going on.

If you're being targeted online or by email, contact your internet service provider and also the company who provides your email. If you can produce written evidence of what's been going on, it may be possible to block the bully's account.

Never give out your email address or mobile number in chat rooms.

What to do if someone you know is being bullied

It's hard to see your friend being picked on, and although you feel powerless to act, there are things you can do to help.

- Be a friendly ear.
- Tell someone
- Don't encourage the bullies by laughing or smiling at the things they say or do
- If you can, tell the bullies that you don't accept what they're doing and try to get them to stop
- Don't ditch your friend; stand by them
- Don't get into fights with the bullies.

Your friend may be reluctant to tell somebody what's going on; try and be there for them and encourage them to speak out. If you and your friend ignore what is happening, the person who is bullying is winning. It may be worth having a word with a parent or teacher on your friend's behalf.

Who can I talk to?

- Your parents or anyone at home
- Any adult at school or any student you trust
- You can text the school on our special anti-bullying line:

07982 625194

For further advice:

- Further advice and help can be found at:
<http://www.tanbridge-house-sch.co.uk/anti-bullying-advice.shtml>

What to do if you're bullying other people

If you feel you are acting in a bullying way, you need to talk to someone you can trust and try to explain why you do it.

There's probably something going on in your life that's making you take it out on somebody else.

Some things to think about if you're bullying somebody:

- Think about the pain and upset you are causing to the person you're picking on. It could be seriously affecting their day-to-day life
- Imagine how scared you would feel if the bullying were happening to you
- Is it worth getting into trouble?
- You'll probably be much happier in yourself and more popular if you stop bullying
- Be mature enough to stop and think about what you are doing
- Bullying won't win you any friends; it just makes people scared of you

If you think you're bullying others, try and get to the bottom of why you're acting that way. Is there a reason you're taking out your anger or frustration on someone else? Talk to someone you trust and try to work things out.

Bullying is wrong and nobody deserves to be bullied. One day, you could be in a different position as the target of bullying. You need to stop before you get into trouble.