

6

**Q What do I do if I see someone being bullied?**

Always support him or her

Act on their behalf

If you are by yourself ask for the help of friends



7

**Q How do I support someone?**

Assure the victim that you will help them

Ask for your friends to support the victim

Ask for the help of an adult

Make sure the bully knows that bullying is unacceptable at The Downs



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**Q What do I do if I'm being bullied?**

Tell someone you trust, it could be;

- \*A friend
- \*Your Class or Form Teacher
- \*Your parent
- \*Your Tutor
- \*A Matron
- \*Miss Fulton or Mr Mann
- \*Mr or Mrs Gunn
- \*Use a worry box
- \*Call Childline 0800 1111
- \*Independent Listener 01458 833447

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**Q What will the School do?**

The School **will support you.**



Your teacher, a matron perhaps your Tutor will help you

Sometime Miss Fulton or Mr Mann will help you

Mr and Mrs Gunn will always support you

The bully will be made to understand how they have caused hurt



**THE DOWNS SCHOOL**



**POLICY ON BULLYING**





Q. What is bullying?

A. Words or actions INTENDED to

1

Bullying can be physical....

- \*Hitting
- \*Kicking
- \*Punching
- \*Biting
- \*Pinching
- \*Any action intend-

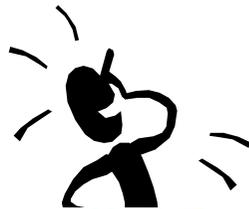


2

Bullies can also use words to hurt people about their.....

ing to hurt

- \*Shape
- \*Colour
- \*Looks
- \*Disability
- \*Intelligence
- \*Nationality
- \*Family
- \*Behaviour
- \*Thoughts
- \*Gender issues
- \*Religion

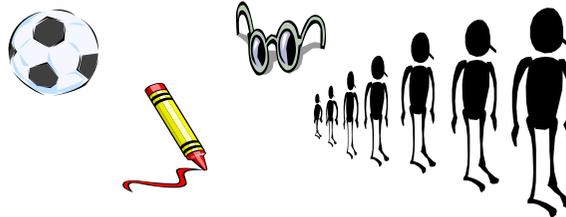


Verbal  
Homophobic Racist  
Excluding Sexist  
Physical Disabilist Cyber  
Rumours

3

Q. How do bullies act?

- \*Bullies might hide people's books, pens, shoes or any other belonging.
- \*They repeatedly tease or use banter
- \*They might leave people out of games or refuse to share a book or seat.
- \*They might refuse to lend a pencil or clear a plate.
- \*They might ignore people.



4

Cyberbullying:

- \*Bullies might send nasty hurtful emails
- \*They might send unpleasant photographs
- \*They might leave nasty voicemail messages

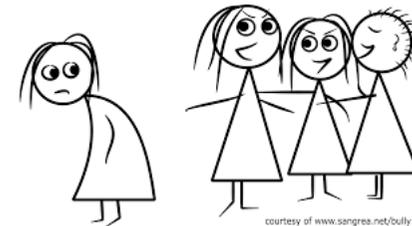


5

Sometimes bullies work alone



Some-bullies work in groups times



They come in all shapes and sizes

- \*All ages
- \*boys and girls
- \*men and women

they like having power over other people

They often get others to do the bullying for them so they don't get caught.

Sometimes they appear to be popular

