



Bullying is repeatedly doing or saying nasty things to someone with the deliberate intention of hurting them

1

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



2

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



3

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
- *Mrs Payne or Mr Westray
- *Mr or Mrs Isaachsen
- *Use a worry box
- *Call Childline 0800 1111

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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

Mrs Payne or Mr Westray will help you

Mr and Mrs Isaachsen will always support you

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



**THE DOWNS
PREPARATORY SCHOOL
BRISTOL**

**THE DOWNS
SCHOOL**



**POLICY ON
BULLYING**

**BOO2
BULLYING**



Bullying is repeatedly doing or saying nasty things to someone with the deliberate intention of hurting them

Bullying can be physical....

- *Hitting
- *Kicking
- *Punching
- *Biting
- *Pinching
- *Any action intended to hurt.



2

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

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



Verbal
Homophobic
Racist
Excluding
Sexist
Physical
Disabilist
Cyber
Rumours

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:

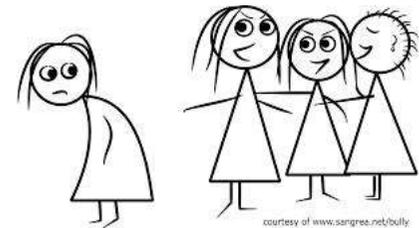
- *Bullies might send nasty hurtful emails
- *They might send un - pleasant photographs
- *They might send nasty text messages



Sometimes bullies work alone



Sometimes bullies work in groups



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

