



# The Downs School Policy on Bullying

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



## Q What do I do if someone is being bullied?

- Always support him or her.
- Tell an adult you trust straight away.
- If you are by yourself ask for the help of friends.

## 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.

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

Tell someone you trust; it could be;

- Your Class or Form Teacher
- Your Parent
- Your Tutor
- A Matron
- Mrs Payne or Mr Westray
- Mr or Mrs Isaachsen
- Call Child line 0800 1111

## 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.

## What does bullying look like?

### Physical bullying

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

### Bullies can also use words to hurt people about:

- Shape
- Looks
- Disabilities
- Intelligence
- Family
- Nationality
- Sexuality
- Gender
- Religion
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It is **never just banter**

### Cyberbullying

Bullies might send nasty, hurtful messages on social media platforms like WhatsApp, Instagram or TikTok.



Sometimes bullies work **alone**

Sometimes bullies work in **groups**

They come in all shapes and sizes

- All ages
- Boys and girls
- Men and women