

One of our key aims is to be a 'Listening and Telling' environment so that children feel they can:

**S** Stand up to the bully and use your words to tell them to stop!

**T** Take appropriate action to get away from the bullying, go to an adult.

**O** Open up to a trusted adult.

**P** Protect yourself from bullies.



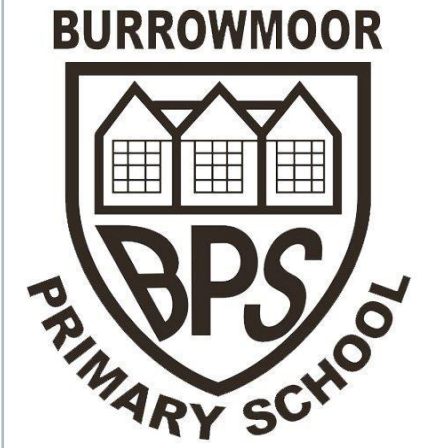
**Don't:**

- Do what the bully says.
- Get angry or look upset.
- Hit them or fight back.
- Think it's your fault.
- Hide it.

## Meet our Burrowmoor Buddies.



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**Bullying is ...**      **What to do ...**

**Several**                      **Start**

**Times**                        **Telling**

**On**                              **Other**

**Purpose**                      **People**

Together we can **STOP** it!



stop bullying now!

## What is Bullying?

Bullying is anti-social behaviour that can affect anyone and will be treated very seriously.

Bullying is defined as a **REPEATED**, harmful behaviour that causes pain or distress, as well as physical or material damage that can be caused by the actions or words of a person or people.

Bullying differs from teasing/falling out between friends or other types of aggressive behaviour when it is persistent or either:

- There is a deliberate intention to hurt or humiliate, or
- There is a power imbalance that makes it hard for the victims to defend themselves.

If you suspect that your child might be upsetting or bullying another child or other children, please don't ignore it and speak with your child's class teacher immediately.

A child who is bullying others often has problems of their own and there are many reasons children may get involved in bullying. By working together as parents and teachers we can provide a stronger support system and tackle bullying more effectively.

### What your child should do!

If you or you know someone that is being bullied, or if you see someone being bullied, **MOST IMPORTANTLY TELL ...**

- School adults or a trustworthy friend.
- Parents or someone who looks after you, or another family member.

## FORMS OF BULLYING

Physical - by being punched, pushed or hurt; made to give up money or belongings; having property, clothes or belongings damaged; being forced to do something they don't want to do.

Verbal - by being teased in a nasty way; insulted about their sexuality, race, religion or culture; called names in other ways or having upsetting comments directed at them.

Indirect - by having nasty stories told about them; being left out, ignored or left out from groups.

'Cyberbullying' - via text message; via instant messenger services and social network sites; via email; and via images or videos posted on the internet or spread via mobile phones.