

Cyber Bullying

Cyber bullying is when people say unkind or threatening things to you by text, email, on social media or over the internet.

Here are some ways you can stay safe online:

- ❖ Don't share any personal information online. Never give out your passwords.
- ❖ Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore. Never use your own photograph but use an avatar instead.
- ❖ Don't meet up with people you've met online. Remember that not everyone online is who they say they are. Tell an adult if someone suggests you should meet up.
- ❖ Respect other people's views. Even if you don't agree with someone else's views, it doesn't mean you need to be rude. Think carefully about what you say before you post something online.
- ❖ If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.
- ❖ If anyone says anything that makes you feel sad or upset, block them from contacting you and tell an adult.

At Holmes Chapel Primary School we believe any form of bullying is completely unacceptable.

We want OUR school to be bully FREE.

We want children to be able to come to school feeling happy and safe.

We want people to respect each other and get on well together.



Our responsibilities

As children we:

- Act in a respectful and supportive way towards one another.
- Take responsibility for telling someone if we are being bullied or have seen someone being bullied.
- Support each other and ask for help to make sure that everyone feels safe, and nobody feels left out.

Contact a trusted adult if we need someone to speak to.



Holmes Chapel Primary School Child friendly ANTI-BULLYING POLICY



ABOUT BULLYING...

- ❖ Bullying is intentional (not an accident). A bully hurts someone on purpose.
- ❖ Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- ❖ Bullying can be by one person or a group of people.

Bullying happens
Several
Times
On
Purpose

Bullying can be...

- ❖ Emotional: Hurting people's feelings, leaving you out, gossiping.
- ❖ Physical: Punching, kicking, pushing, damaging belongings.
- ❖ Verbal: Name calling, teasing, offensive remarks.
- ❖ Cyber: Saying unkind things by text, email or social media.
- ❖ Prejudice: Racial, religious belief, gender, sexuality, disability.

Who can I tell if I am being bullied?

- ❖ Parents/carers
- ❖ Teachers
- ❖ Mid-days
- ❖ Teaching assistants
- ❖ Any trusted adult
- ❖ A trusted friend



MOST IMPORTANTLY:-

If you are being bullied:

What to do
Start
Telling
Other
People

What should I do if I see someone else being bullied?

- ❖ Don't walk away and ignore the bullying, go and find a trusted adult and share what you have heard or seen. If you stay silent the bullying will continue.

If you are bullied:

DO:

- ❖ Tell someone
- ❖ Ask them to stop
- ❖ Use eye contact and tell them to go away
- ❖ Ignore them and walk away
- ❖ Talk to a trusted friend

DON'T:

- ❖ Do what they say.
- ❖ Get angry or look upset
- ❖ Hit them.
- ❖ Think it's your fault.
- ❖ Hide it.



Bullying is not:

- ❖ A 'fall-out' with a friend.
- ❖ An accident.
- ❖ Something that happens only the one time.
- ❖ A one-off physical act of aggression e.g. pushing someone.