

# Palmers Green High School

## Anti Bullying Summary

Is it bullying? - It is if you feel hurt because individuals or groups are doing one or more of these things:

- persistently calling you names
- threatening you
- pressuring you to give someone money or possessions
- hitting you
- damaging your possessions
- spreading rumours about you or your family
- using text, email, apps or social networking sites to write or say hurtful things (cyber-bullying).

It is bullying if you feel hurt because of things said about your ethnic background, religious faith, gender, sexuality, disability, special educational need, appearance or issues in your family.

**Palmers Green High School does not tolerate bullying.**

This is what we do about bullying:

- make sure that the person being bullied is safe
- work to stop the bullying happening again
- provide support to the person being bullied.

**If you feel you are being bullied:**

- try to stay calm and look as confident as you can
- be firm and clear — look them in the eye and tell them to stop
- get away from the situation as quickly as possible
- tell an adult what has happened straight away or if you prefer, tell another pupil
- keep any texts, posts or messages so that you can show them to somebody.

**If you have been bullied:**

- tell a teacher or another adult at school (eg Class Teacher, Form Tutor or First Aider)
- tell your family
- if you are scared to tell a teacher or an adult on your own, ask a friend to go with you
- keep on speaking until someone listens and does something to stop the bullying
- don't blame yourself for what has happened.

**When you are talking to an adult about bullying be clear about:**

- what has happened to you
- how often it has happened
- who was involved
- who saw what was happening
- where it happened
- what you have done about it already.

If you find it difficult to talk to anyone at school or at home, ring Childline on **freephone 0800 1111**, this is a confidential, free helpline.

Alternatively, you can visit the Childline website at [www.childline.org.uk](http://www.childline.org.uk)