



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 bully 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.



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Bullying is usually **repeated, intended to hurt someone physically or emotionally** and involves an **imbalance of power**.

Social Bullying

The spreading of rumours, being exclusive with friends, excluding people from events or games.

Verbal Bullying

The use of abusive language or name calling, including remarks that are racist and homophobic.

Physical Bullying

Intentionally injuring another person by striking, pinching, pushing, kicking, or damaging their property.

Cyber Bullying

Repeated sending hurtful messages through social media, gaming platforms or chat rooms, including emails and apps.

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