

## What is Cyberbullying?

Cyberbullying is bullying that takes place online. Unlike bullying in the real world, online bullying can follow you wherever you go, via social networks, gaming and mobile phones.

## What could be classed as cyberbullying?

- Sending threatening or abusive text messages.
- Creating and sharing embarrassing images or videos.
- Trolling – sending upsetting messages on social networks, chat rooms or online games.
- Excluding other people from online games, activities or friendship groups.
- Setting up hate sites or groups about someone else.

## What should you do if you are being bullied online?

- Report it!
- Tell your parents/carers
- Tell a member of staff in school.
- Don't keep this to yourself.



Remember, bullying is wrong. Do not ignore it. Ask for help. If everyone works together, we can stop bullying. Bullying will not be tolerated at Peel Park.



## Peel Park Primary School



Zero tolerance  
towards bullying -  
A guide for pupils



## What should you do if you think you are being bullied?

The most important thing is to **do something**. Sometimes bullying stops quickly, but doing nothing means it may continue until someone is seriously upset or hurt. That could be you, or the bullies may find someone else to pick on. **The school can act to stop bullying – if they know it is happening.**

✓ TALK to someone you trust, such as a teacher, parent, older relative or friend.

✓ There are plenty of staff at Peel Park who are here to help, you could your teacher, Mrs Noble or any adult in school.

✓ Be persistent. If the first person you talk to doesn't help, **DON'T GIVE UP**. Speak to someone else.

✓ If you can, **WRITE DOWN EVERYTHING** that has been said or done to hurt you. Be careful only to write down things that have really happened. Try to write down how you feel. When you have found someone you can trust, discuss what you have written with that person.

✓ You could telephone **CHILDLINE'S SPECIAL BULLYING HELPLINE** on 0800 44 11 11. The call is free and they are there to offer help and advice. They will not normally tell anyone else what you have talked about unless you agree.

## What is Bullying?

Bullying is when somebody physically hurts you, verbally abuses you or constantly excludes you from a group or the games they play. Bullying is something that is constant and sustained and happens over the course of time.

## When is does it become bullying?

Bullying is not a one off action, it is something that happens several times on purpose.



## What are the different types of bullying?

**Emotional** – hurting people's feelings on a regular basis

**Physical** – punching, kicking etc.

**Verbal** – being teased or name calling

**Cyber** – saying unkind things by text, email or online

**Racist** – name calling due to the colour of skin or religion.

**Homophobic** – Unkindness towards people who are in a same sex relationship.

## What can we do here at Peel Park to support you?

- We listen and pass information on to other relevant people in school.
- We will work with you and any other children involved to re-build friendships and avoid conflict.
- We offer a restorative approach.
- We use our Good to be Green behaviour policy to reward and sanction.
- We can arrange daily/weekly 'check ins' with a member of our Grove team.
- We have amazing Nurture Groups for both Key Stage 1 and Key Stage 2.
- We can offer Forest School sessions to re-build friendships and work on conflict resolution.
- We can offer a 'buddy' system at break times and lunch times to support you.
- Offer a place at the Grove.



