



ANTI BULLYING GUIDE

WHINLESS DOWN ACADEMY

What is bullying behaviour?

Bullying behaviour is **REPEATED**, **NEGATIVE** behaviour that is **INTENDED** to make others feel **UPSET**, **UNCOMFORTABLE** or **UNSAFE**.

The 3 bullying behaviour types
V.I.P



VERBAL

Saying mean things, gossiping
calling people names.



INDIRECT

Leaving people out, spreading
rumours both on and off line.



PHYSICAL

Physical contact hitting,
kicking, punching

What can you do if
you are experiencing any
of these behaviours?



These people are here to listen:

- Any adult in school that you trust
- Anti bullying ambassadors
- An advocate or sports ambassador

TELL
someone you trust



The sooner you tell someone, the sooner it will stop.

Once you've told someone, what happens next?

You will be taken seriously and given support straight away

We will help to stop the bullying

We will include your parents

We will help you to identify an adult you can talk to any time

We will bring about change in behaviour of those that bully

We will let you decide when you no longer need support from
an adult



Whoever you TELL, they will ACT on it. YOU will be listened to and taken SERIOUSLY.
Speaking out is a brave and ADVENTUROUS thing to do! You have the right to feel HAPPY,
SAFE and COMFORTABLE every day.