

# Palmers Green High School

## Anti-Bullying Summary

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

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

### VERBAL BULLYING

e.g. name calling, making fun of someone, making jokes at another's expense, spreading secrets someone disclosed in confidence

### PHYSICAL BULLYING

e.g. hitting, pinching, damaging possessions, kicking

### SOCIAL BULLYING

e.g. spreading rumours, being exclusive with friends, excluding people from events or games

### CYBERBULLYING

Using text, email, apps or social media to write or say hurtful things.

**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)