



Bullying Update Year 8



Stop!

'They're not bullying you because of you, they're bullying you because of how they are' Jessie J

Bullying affects lots of people and can happen anywhere: at school, travelling to and from school, in sporting teams, in friendship or family groups.

Bullying can take many forms including:

- emotional abuse
- social bullying
- social Media
- threatening behaviour
- name calling
- Sexting
- cyberbullying



Bullying includes:

- people calling you names
- making things up to get you into trouble
- hitting, pinching, biting, pushing and shoving
- taking things away from you
- damaging your belongings
- stealing your money
- taking your friends away from you or leaving you out
- posting insulting messages or rumours, in person online
- threats and intimidation
- making silent or abusive phone calls
- sending you offensive texts or messages

Speak



'Blowing out someone else's candles doesn't make yours shine any brighter' Drake

Speak to someone. No one has a magic wand, but we always do our best and we do really care.



Telling someone shares the problem. It helps you feel supported.

It is really important to tell someone, particularly if the bullying has been going on for a while or the strategies you've tried haven't worked.



Don't be afraid to tell an adult. Telling isn't snitching!

Support



'You always have to remember that bullies want to bring you down because you have something that they admire' Zac Efron

What we do at West Exe to deal with bullying:



Whatever your worry, it's better out than in

Mentoring is having a named person you can go to for support at school.

Peer mentoring is when older students are trained to become 'buddies' providing support and someone to talk to nearer their own age. This helps everyone in school learn that bullying is not acceptable.

Restorative justice brings all children involved together so everyone affected plays a part in repairing the harm and finding a positive way forward.

Any form of bullying will not be accepted at West Exe

