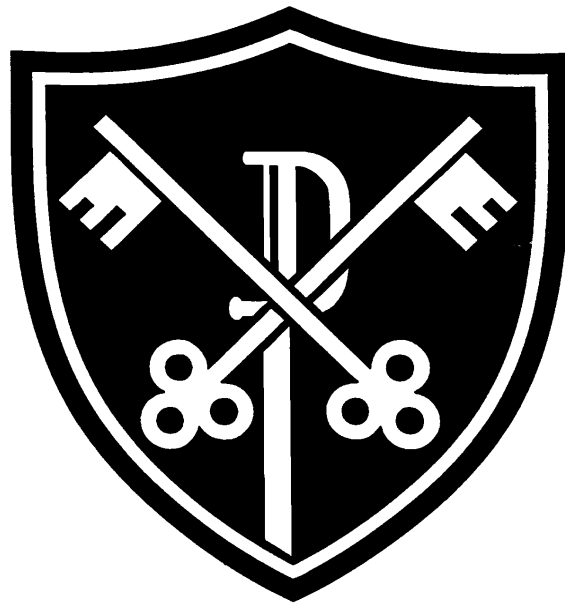
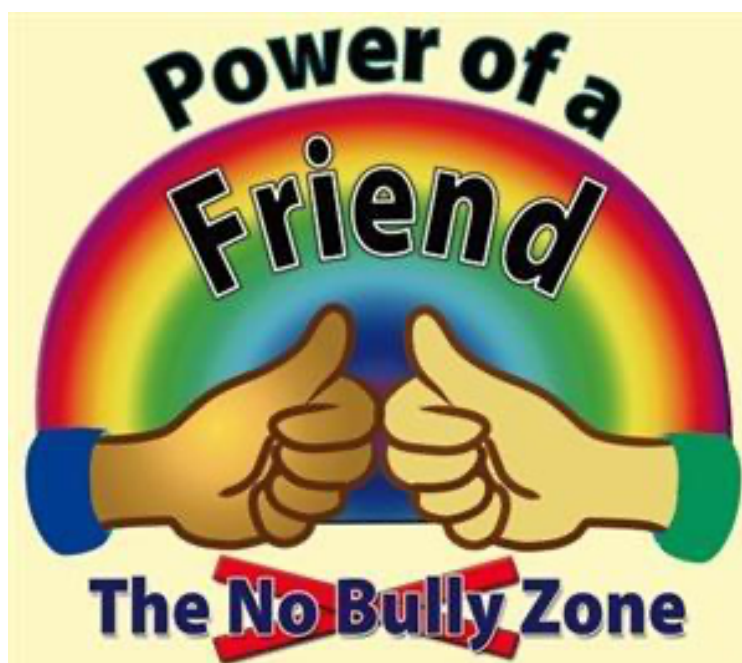


# Torre C of E Academy



Anti-bullying advice for  
children



# Torre is a bully free zone!

What is bullying?

These are some of the ways children at Torre have described bullying:

- Being teased or called names repeatedly
- Being hit, pushed or kicked
- Being ignored or left out a lot
- Being picked on because of religion, colour, where they come from or what they look like.

Bullying is not:

When someone doesn't want to play with you or wants to play a different game. It also isn't when you fall out with your friend.

If you think you are being bullied:

- It is not your fault! It is important that you get help. No one deserves to be bullied.
- Our school has a policy on what to do about bullying. If you tell a teacher or member of staff what is happening, they can let you know how the school will help.
- Sometimes children tell someone that they are being bullied and it does no good - nothing changes. If this happens to you, don't give up! Is there someone else you can talk to?
- Write down what has been happening, and when and where it has happened. If it helps, draw a picture or write about what is happening and how it makes you feel.
- Don't react. Two wrongs do not make a right.

## **If you see someone being bullied:**

- Can you be a friend to the person who is being bullied? Let them know that you have seen what is going on and are worried about them.
- Ask if they feel they can talk to someone. They may want you to help them talk about it with a teacher or another adult.
- If they won't talk to anyone and you are worried about them, can you think of someone you can talk to?
- Adults don't always know bullying is happening. If they are going to be able to do anything about it, teachers need to be told what is going on.

## **REMEMBER - It is important to tell someone**

### **If you are bullying someone:**



- Even if you think bullying is just a laugh, children who are bullied feel scared and upset. You can stop people feeling like that if you stop bullying them.
- Sometimes people who bully are unhappy about something in their own life. Maybe they are angry about something and take their anger out on other people by trying to be tough. Talk about it instead of taking it out on someone else.
- Bullying can become a habit that's hard to break. Even if it seems hard to stop, you can change what you are doing. Talk to someone about how you feel.
- If you keep on treating people in this way you will get into a lot of trouble!

## Useful contacts

You can contact Childline on 0800 1111 for advice and support, or visit [www.childline.org.uk](http://www.childline.org.uk) for lots of ways to ask questions and get help.

