



## Anti-Bullying

### Why do young people bully each other?

Most people understand bullying as behaviour by an individual or group, repeated over time that is intended to hurt another individual or group either physically or emotionally. If you are struggling with bullying, harassment, cyberbullying or anti-social behaviour issues then you must speak up and tell someone at Thomas Telford School.

All bullying, whatever the motivation or method is unacceptable and should not be tolerated. It can affect anyone at any point in time.

### Top tips for Students

- ❖ Talk to a teacher- this can be a teacher you find it easy to talk to, your head of key stage or a member of the Pastoral Team.
- ❖ Don't suffer in silence- If you feel like you are being bullied- talk to someone
- ❖ If you are using social media- do not post personal information – keep information general.
- ❖ Think carefully about posting pictures online – once it's there, anyone can see it or use it.
- ❖ Do not share your passwords – keep your personal information private!
- ❖ Try to think carefully before you write things online – people can get the wrong end of the stick.
- ❖ Respect other people's views – just because you do not agree with them, it does not mean you have to be rude or abusive.

### What can you do to stop it?

- ❖ You shouldn't feel ashamed about being bullied. It's not your fault – But it is important that you get help.
- ❖ Tell someone you trust
- ❖ Report any cyber-bullying, even if it is not happening to you
- ❖ Never respond or retaliate as it could make matters worse
- ❖ Block the cyberbullies from contacting you
- ❖ Save and print any bullying messages, posts, pictures or videos that you receive
- ❖ Make a note of the dates and times they are received
- ❖ Have fun...but surf the internet safely!
- ❖ You don't have to put up with being bullied. Always remember that it is not your fault.

### Advice for Parents

- ❖ Be open – Bullying is a difficult subject to broach with your children, but being open, honest and approachable will make it easier for them to discuss their feelings.
- ❖ Don't get angry – You might feel angry if you discover your child is being bullied. But for some young people bullying brings on feelings of guilt and shame, so adding your own anger to the mix won't help.
- ❖ Praise them for opening up – It's not easy for children to admit out loud that they are being bullied, so praise them for taking that important step. Now they have spoken to you, you can support them in getting the help they need.

Reassure them – Despite so many children going through it, there is still a huge stigma associated with bullying and sometimes youngsters feel as though it's their own fault. Reassure your child that they are not alone. They may also worry that the bullying may get worse if the bully finds out they have told someone, so reassure them that you want to help them and make things better.

More help and advice can be found on the link below

<https://www.nationalbullyinghelpline.co.uk/>

Also please review our Anti-Bullying Policy and notify a member of our Pastoral Teams if you are worried.