

## Different Roles in Bullying



- **The target** - is the person at whom the bullying is aimed
- **The ringleader** - initiates and leads the bullying
- **The assistant** - is actively involved in 'doing' the bullying but does not lead it
- **The reinforcer** - supports the bullying, might laugh or encourage what's going on but doesn't 'do' it
- **The defender** - stands up for someone being bullied. Knows that bullying is wrong and feels confident enough to defend. They might talk to an adult in school
- **The outsider** - ignores or doesn't see the bullying and doesn't want to get involved

## Be a defender!

Bullying is unkind and unfair. Lots of children might be worried about what to do if they see bullying. Here is some help!

Defenders are **NICE**:

**N**otice that something is happening

**I**nterpret what is happening: does someone need your help?

**C**hoose what action to take: get a teacher, comfort the target, tell the others, 'We don't like that' (*if you feel safe to do so*)

**E**ngage with the problem - don't ignore it!

## Who else can help?

You can call ChildLine for free!



St Ignatius Catholic Primary School

Green Street, Sunbury-on-Thames, TW16 6QG

Tel: 01932 785396



## Children's Anti-Bullying Policy

### Are you worried about bullying?

Bullying is **NEVER** ok. This booklet will tell you more about bullying and how to make it **STOP**.



# What is bullying?

Bullying happens when someone hurts or upsets you more than once, on purpose.

## Remember, bullying is:

Several  
Times  
On  
Purpose



## Bullying is not:

- When friends fall out or argue
- An accident

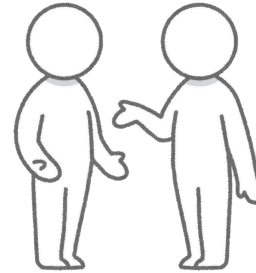
## Bullying can be:

- **Emotional** - hurting people's feelings, leaving you out, spreading rumours
- **Physical** - punching, kicking, spitting, hitting or pushing
- **Verbal** - being teased, name calling
- **Written** - letters, notes, graffiti

- **Cyber** - saying unkind things by text, email and on the internet. Making videos/taking pictures and sharing them without permission or to cause embarrassment

## What should I do?

Start  
Telling  
Other  
People



## We can help you!

**NEVER KEEP IT TO  
YOURSELF!**

## Who can I tell?

- Tell a parent, a carer or a family member
- Tell a grown up you trust in school
- Write it down and put it in your class Worry Monster

**Mrs O'Neill** is in charge of stopping bullying in our school, but every member of staff will help you.

## We will:

- Make sure you are safe
- Listen to you
- Find out what has been happening
- Make it stop
- Tell you what we are doing
- Check in on you afterwards

## Worried about a friend?

Follow the same advice in this booklet. It is great to keep our friends safe.

