

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**:

Notice that something is happening

Interpret what is happening: does someone need your help?

Choose 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*)

Engage with the problem - don't ignore it!

Who else can help?

You can call ChildLine for free!



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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

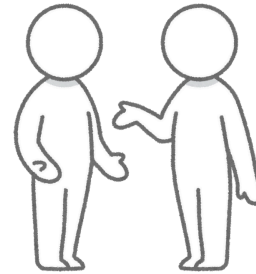
Bullying can be:

- **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.

