

Cyber Bullying

- 1) Don't share any personal information online.
- 2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online it's not just yours anymore.
- 3) Never give out your passwords.
- 4) Don't meet up with people you've met online. Tell an adult if someone suggests you should meet up.
- 5) Never use your own photograph but use an avatar instead.
- 6) Remember that not everyone online is who they say they are.
- 7) Think carefully about what you say before you post something online.
- 8) Respect other people's views. Even if you don't agree with someone else's views it doesn't mean you need to be rude.
- 9) If you see something online that makes you feel uncomfortable, or worried: leave the website, and tell a trusted adult immediately.



Our responsibilities

As children at Laurance Haines School we:

- Act in a respectful and supportive way towards one another.
- Tell someone if they are being bullied or have seen someone being bullied.
- Support each other and ask for help to make sure that everyone feels safe, and nobody feels left out.
- Contact Mrs Penny, Mrs Furey or Mr McDonald if we need someone to speak to.



Contact details:
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Laurance Haines School

Enjoy, Care, Aim High and Succeed Together.



Child friendly ANTI-BULLYING POLICY



ABOUT BULLYING...

What is Bullying?

- Bullying is intentional (not an accident). A bully hurts someone on purpose.
- Bullying is repetitive. This means that the bully hurts someone over and over again. It isn't an incident that happens only once.
- Bullying can be by one person or a by a group of people.



Bullying Can be.....

- **Emotional:** Hurting people's feelings, leaving you out, gossiping.
- **Physical:** Punching, kicking, pushing, damaging their belongings.
- **Verbal:** Name calling, teasing, offensive remarks.
- **Cyber:** Saying unkind things by text, e mail or social media.
- **Prejudice:** Racial, religious belief, gender, sexuality, special educational need or disability.



Who can I tell if I am being bullied?

Use my network hand and select:

- Parents/carers.
- A friend.
- Teachers.
- Peer Mediators.
- Lunch time staff.
- Any other trusted adult.



MOST IMPORTANTLY:-

If you are being bullied:
Start Telling Other People!



What should I do if I see someone else is being bullied?

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep happening.



If you are bullied:

DO:-

- TELL SOMEONE
- Ask them to STOP if you can.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the emotion board if you are too nervous to speak openly about it.
- Talk to a friend.



DON'T:-

- Do what they say.
- Get angry or look upset.
- Hit them.
- Think it's your fault.
- Hide it.



What will happen to a bully?

- Teachers will get involved and help you solve problems.
- We will investigate things fully. We will remind the child (or children) that bullying is not acceptable and expect bullying to stop.
- We will follow the behaviour/sanction ladder and contact the child's parents.