

WHAT IS BULLYING?

At St Dunstan's College, we define bullying as:

Any behaviour that hurts, threatens, frightens, intimidates or humiliates another pupil or group or undermines their sense of worth. It is generally repeated over time, although sometimes a single incident may be thought of as bullying. These are just a few examples of bullying:

- Being called names
- Being deliberately left out of a social group
- Being teased
- Being stalked
- Being physically assaulted
- Being forced to hand over money, mobile phones or other possessions
- Getting abusive or threatening text messages, emails or hurtful social network comments
- Having rumours spread about them
- Being ignored
- Being picked on because of their religion, gender, race, sexuality, social background, appearance or disability

BULLYING WILL NOT BE TOLERATED AT ST DUNSTAN'S COLLEGE AND WE OPERATE A ROBUST ANTI-BULLYING POLICY.

WHAT WILL THE COLLEGE DO?

Bullying is wrong and nobody deserves to be bullied. Staff at St Dunstan's will always take allegations of bullying seriously.

If a member of staff finds out that you're being bullied...

- Someone, probably your Tutor or Head of Year will have a quiet chat with you.
- You may be asked to write down what happened.
- A member of staff will probably talk to the bully about what's happening. You will be consulted about this.
- All investigations will be handled with extreme sensitivity.

What happens to bullies?

- Bullies will be punished. Sanctions for bullying include warnings, detentions, gating, suspension or exclusion, depending on circumstances and in accordance with the College Policy on Expected Pupil Behaviour and College Rules.

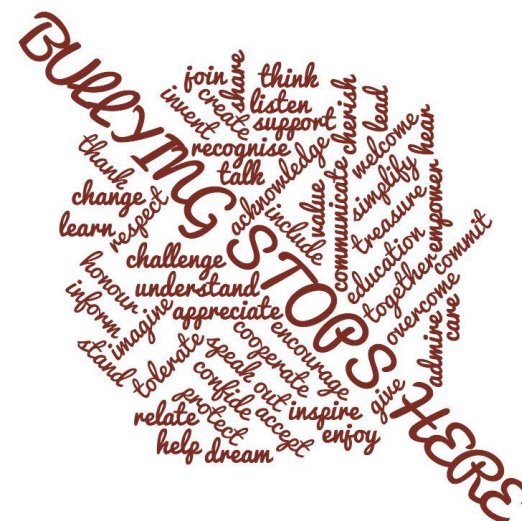
Who else is involved?

- Normally, a member of staff will speak with the parents of the target and the bully.
- Some forms of bullying are criminal. If a member of staff believes a crime has been committed, the Police will be informed.



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ANTI-BULLYING ADVICE FOR PUPILS



WHAT TO DO IF YOU'RE BEING BULLIED

Those who bully others like to think that they have power over their targets, so you need to remove that power. There are things you can do to deflect people who bully:

- Act more confidently.
- Hand around with friends or an adult at times when you're in danger of being bullied.
- Don't fight back. It can make the situation worse.
- Tell someone! **REPORT not RESPOND**
- Breaking the silence is the most important part in fighting back against bullying. If you've kept a diary of when the bullying has been taking place, this can be very helpful when you tell a teacher or parent what's been going on.

CYBERBULLYING

If you're being targeted on your mobile phone or other device, always tell someone you trust at school. We will **ALWAYS** deal with your reports with extreme sensitivity. You and your parents may also consider:

- Blocking the number of the bully who is phoning/texting you using your phone's settings.
- Blocking the sender using the settings on your social networking site.
- Always try to collect evidence of cyberbullying – screenshots work well for this.

WHAT TO DO IF SOMEONE YOU KNOW IS BEING BULLIED

It's hard to see your friend(s) being picked on, and although you may feel powerless to act, there are things that you **CAN** do to help.

- Be a friendly ear. Make it clear that in your opinion what is happening to them is wrong.
- Tell someone! You can speak to your Tutor, Head of Year or any other teacher you trust.
- Don't encourage the bullies by laughing or smiling at the things they say or do.
- If you can, tell the bullies that you don't accept what they're doing and try to get them to stop.
- Don't ditch your friend(s) – stand by them!
- Don't get into physical fights with the bullies – don't retaliate on someone else's behalf.

Your friend(s) may be reluctant to tell somebody what's going on; try and be there for them and encourage them to speak out. If you and your friend(s) ignore what is happening, the person who is bullying is winning. It may be worth having a word with a parent or a member of staff on your friend's behalf.



WHAT TO DO IF YOU'RE BULLYING OTHER PEOPLE

If you think you are acting like a bully, you need to talk to someone you trust and try to explain why you do it. There may be things going on in your life that are making you take out your anger on someone else.

Here are some things to think about if you're bullying someone:

- Think about the pain and upset you are causing to the person you're picking on. It could be seriously affecting their day-to-day life.
- Imagine how you would feel if the bullying was happening to you.
- Is it worth getting into trouble?
- You'll probably be much happier in yourself and more popular if you stop bullying.
- Be mature enough to stop and think about what you are doing.
- Bullying won't win you any friends, it just makes people wary of you.
- Cyberbullying is easy because it's not face-to-face. Think carefully before you send messages or photos.

If you think you are bullying others, try and get to the bottom of why you're acting that way. Is there a reason you're taking out your anger or frustration on someone else? **Talk to someone you trust** and try to work things out.