

IS IT BULLYING?



I think I am
being bullied...



What does it look like?

I have:

- Been called a mean name/something unkind.
- Been looked at/stared at in a funny way and it's upset me.
- Been nudged/pushed on the corridor.
- Been text/sent horrible things.
- Had unkind comments made about my appearance/ religion/ skin colour/ sexuality/ body.
- Fallen out with friends and now they're spreading stuff.
- Had rumours being said about me and it's upsetting me.
- An anxious feeling about school and lessons.
- Faced peer pressure.
- Been upset by someone.

THIS IS A FORM TUTOR ISSUE – PLEASE SPEAK TO YOUR FORM TUTOR OR TRUSTED CLASS TEACHER ABOUT THIS.

WHY IS IT NOT BULLYING?

Bullying is when this happens over a longer period of time and happens to you frequently (more than 3 or 4 times)

This is not bullying YET – it needs to have happened over a sustained period of time. If it does, please raise this with the adults above.

I have:

- Been physically assaulted/hit/slapped/punched/smacked by another student in or outside school.
- I have had inappropriate images/ things sent to me online that make me feel uncomfortable.
- I feel unsafe in school/lessons because of another student(s)
- Had multiple unkind comments made about my appearance/ religion/ skin colour/ sexuality/ body.
- I have had the same person/people pick on me multiple times.
- I have fallen out with my friends again and it's getting out of hand.
- Someone has repeatedly said unkind things/rumours about me.
- Someone is intimidating me/ scaring me in or outside school.
- Received hateful messages/comments.

THIS IS A HEAD OF YEAR/PASTORAL ASSISTANT ISSUE – PLEASE SPEAK TO YOUR HOY/AHOY OR TRUSTED ADULT ABOUT THIS WHO WILL PASS IT ON TO YOUR HOY/AHOY.

I have:

- Had the same person hatefully target me or my friendship group for a sustained/long period of time. (more than 3 or 4 times/more than a few weeks).
- I have been physically attacked by people/someone who's been intimidating me over a number of weeks/ months.
- I am being made to feel anxious/ frightened by a person/ people who have targeted me over prolonged period of time.
- Constantly have unkind comments made about my appearance/ religion/ skin colour/ sexuality/ body by the same person/ group.
- Keep being threatened by the same person
- Spoken out but I feel that the issues haven't been fixed or have started again.

THIS SOUNDS LIKE ONGOING BULLYING – PLEASE SPEAK TO A TRUSTED ADULT OR EMAIL antibullying@mhs.potteries.a.c.uk