

Victims should **always** tell their parents, a member of staff, or someone else who will report the bullying for them.

If you witness bullying:

- Don't stand by and watch - fetch help.
- Show that you and your friends disapprove.
- Don't join in or laugh at what is happening even if you think it will help you fit in.

Tell an adult or older student as soon as you can.

*Bystanders should **always** report any bullying that they know about to a member of staff.*

Ways of reporting:

Speak to someone

Put a note in the metal post box opposite the staffroom

E mail: reportbullying@rednockschool.org.uk

People you can contact who can help with bullying.

Community Support Officers:

- Brunel - Mrs Price: 01453 540775
- Darwin - Mrs Jones: 01453 707573
- Hubble - Mrs Harris: 01453 707548
- Jenner - Mrs Dummelow: 01453 540774

Community Leaders:

- Brunel - Mrs Barker
- Darwin - Ms Merchant
- Hubble - Miss Peverley
- Jenner - Mr Kelly



➤➤➤ Anti-bullying Advice

At Rednock School we use the 'Anti-Bullying Alliance'

Definition of bullying:

“The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyber-space.”



How to prevent bullying

All members of the school community (students, staff, parents and governors) have a shared responsibility for ensuring that Rednock is a safe and supportive environment for all.

Guidelines for Students

- Be careful about teasing people or making personal remarks. If you think they might not find your comments funny then don't say them.
- Give sympathy and support to other students who may be bullied.
- Try to include people in your group who you know don't have friends to be with (take responsibility for the happiness of people in your tutor group, Community, year group and school-wide community).
- Don't stand and watch - fetch help.
- Show that you and your friends disapprove.

If you know of serious bullying tell your tutor/ teacher. The victim may be too scared or lonely to tell.

Guidelines for Parents

- Keep an eye out for changes in behaviour that may indicate your child is being bullied.
- Ask your child about their day when they get home and encourage them to tell you if they are unhappy in any way.
- Monitor use of new technologies (mobile phones/ internet/ social networking sites, etc).
- Encourage your child to mix with a variety of other students.
- Make it clear that bullying is always unacceptable.
- Talk through with your child the ways in which students can help to stop bullying and what to do if they are being bullied.
- Work with your child to raise their self-esteem and help them to develop respect for others.

Work in partnership with the school to encourage the building of strong relationships between all members of the school community.

How to deal with bullying once it happens

Guidelines for Students

If you are being bullied:

- Try not to show that you are upset.

- Try to ignore the bully (remember they want to upset you and silence might leave them disappointed).
- Walk confidently even if you don't feel that way inside.
- Try to be assertive - look and sound confident.
- Avoid being alone in places where bullying happens.
- If you are in danger, get away or draw someone's attention to what is going on. (for example, by making a loud noise).

Tell someone as soon as possible (a teacher you trust, your tutor, your Community Support Officer, a friend, your parents or an older

Guidelines for Parents

- Contact your child's tutor/ Community Support Officer immediately if you are concerned that they are involved in bullying in any way.
- Be willing to take part in discussions about what strategies should be used to deal with bullying and then support the action being taken by the school.