



Anti-Bullying: What You Need to Know

Anti-Bullying Week is a national event that takes place every year to raise awareness about bullying, its impact, and how we can all work together to stop it. This week is a chance for everyone—students, teachers, and schools—to focus on creating a safe and positive environment where every student feels respected, supported, and valued.

What Is Bullying?

Bullying is when someone is hurt or made to feel scared or unsafe, either physically, emotionally, or online, over a period of time. It can take many forms, such as:

- **Physical bullying:** Hitting, kicking, or pushing someone.
- **Verbal bullying:** Name-calling, teasing, or making hurtful comments.
- **Social bullying:** Excluding someone from groups, spreading rumours, or embarrassing them in front of others.
- **Cyberbullying:** Using social media, texts, or online platforms to hurt, shame, or intimidate someone.

Remember, bullying can happen to anyone, and no one deserves to be bullied.

What Can You Do If You're Worried About Bullying?

If you're being bullied or know someone who is, it's really important to take action. Here's what you can do:

1. **Talk to Someone You Trust**
 - Whether it's a teacher, a parent, Ruth, or even a friend, don't keep it to yourself. Sharing what's happening can help you feel supported and take the next step toward stopping the bullying.
2. **Report It**

- You can speak to your form tutor, Guidance Manager, or any member of staff. The sooner the school knows, the sooner they can help stop it.
- 3. Record the Incident**
- If you're comfortable doing so, keep a record of bullying incidents. Note down the time, date, and what happened. This can be helpful if you need to report the bullying later.
- 4. Stand Up (If You're Safe to Do So)**
- If you witness bullying happening, it's important to speak up or help the person being bullied. You don't need to get involved physically, but telling a teacher or encouraging the person being bullied to seek help can make a huge difference.
- 5. Don't Respond to Cyberbullying**
- If you're being bullied online, don't respond to hurtful messages. Instead, block the person and report the abuse to the platform. Many social media sites have reporting tools to handle cyberbullying. You can also talk to your school about the issue.

What Happens After Reporting?

- Speak to you and anyone involved to understand what happened.
- Take appropriate action to stop the bullying, whether that's through support, mediation, or discipline.
- Offer help and support, such as counselling or social groups, to help the victim of bullying feel safe and heard.

Remember, reporting bullying is never 'snitching'—it's about looking out for yourself and others.

How we make George Stephenson High School a Kind and Supportive Place:

- **Be kind and inclusive:** Take the time to include others, be mindful of how your words and actions affect people, and make your school a welcoming space for everyone.
- **Raise awareness:** During Anti-Bullying Week, get involved in activities, discussions, and campaigns to educate yourself and your peers about bullying. Share what you've learned with others to create a positive ripple effect.
- **Be a friend:** If you see someone who looks isolated or upset, reach out and show that you care. Small acts of kindness can have a huge impact on someone's well-being.
- **Join CSI** – CSI stands for 'Celebration of Student Individuality'. We meet once a week and we are a supportive and inclusive group and work on different events such as Anti-Bullying Week, Diversity Week and Children's Mental Health Week among others. You can come to this group as little and as often as you would like to.

Key Support Resources:

- **Childline (0800 1111):** A free, confidential helpline for children and young people. You can talk about anything that's worrying you, including bullying.

- **NSPCC (0808 800 5000):** Provides advice and support for young people who are experiencing bullying or abuse.
 - **Kooth: Kooth is a free, safe, and anonymous online platform** where young people can access mental health support whenever they need it. <https://explore.kooth.com/what-is-kooth/>
 - **Our School:** Our anti-bullying policy is in place. Make sure you know how to report bullying and where to get support.
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Remember:

- **You are not alone.** There are always people who care and want to help.
- **Everyone deserves to feel safe.** No one should have to face bullying, and there is support available.
- **Your voice matters.** Speaking up about bullying can make a difference and help create a better, safer environment for everyone.



If you see someone being bullied or if it's happening to you, please tell somebody and report it. Let's take a stand against bullying and be a person that others can rely on.

Together, we can stop bullying.

