

How will school deal with bullying:

At Eureka we take bullying very seriously.

- We will talk to all the children involved and record the incident.
- Speak to the parents/carers of the children involved.
- Support the person being bullied so that they feel safe.
- Ensure the bully has consequences for their behaviour and support them in changing their behaviour



No-one has the right to make anyone feel unhappy, unsafe or uncomfortable at Eureka. Our anti-bullying ambassadors are here to support you if you feel you are being bullied and are here to help you



Where else can I get support?



IT'S OK NOT TO BE OK

What is The Diana Award Crisis Messenger?

The Diana Award Crisis Messenger provides free, 24/7 crisis support across the UK. If you are a young person in crisis, you can text DA to 85258.

Trained volunteers will listen to how you're feeling and help you think through the next step towards feeling better.

Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.



A child friendly
Anti Bullying
leaflet written by
the Anti-bullying
Ambassadors

**Be a buddy,
Not a bully!**



At Eureka we believe that all children have the right to learn in a supportive, caring and safe environment without the fear of bullying.

Bullying is not welcome at our school and we have clear ways to prevent, identify and respond to bullying behaviour.

When is it Bullying?

Bullying is when someone is made to feel Unhappy, Unsafe or Uncomfortable several times and on purpose.

Bullying can be physical, verbal and indirect and is intended to hurt someone on more than one occasion.

Indirect: ignoring you, sending horrid messages through a friend, sending notes

Physical: pushing, kicking, punching hitting

Emotional: hurting people's feelings, being bossed about, controlled, being left out

Bullying can be...

Verbal: being teased, name calling

Identity: calling you racist names, making offensive comments about your gender, your age, your sexuality, your hair colour

Cyber: Texts, emails, chat rooms, social media



Bullying is :

Several Times On Purpose

Signs of being bullied:

- Not wanting to join in and play
- Not wanting to come to school
- Not wanting to interact with anyone
- Sitting or being alone
- Being quieter than normal
- Looking sad or worried
- Not wanting to go anywhere on their own

Bullying is NOT:

- A one off argument
- Someone who is sometimes being nasty or unkind
- When someone does not let you decide on the game to play or does not take turns as they should.

"Bullying is not when children fall out or won't take turns. This might be selfish but it's not bullying!" Ella

What to do if you are being bullied:

Start Telling Other People

- Tell a trusted adult at home
- Talk to your teacher, the Head teacher or the SENDCo in school
- Speak to an Anti Bullying Ambassador
- Ignore them and walk away
- Tell a friend
- Tell them to stop if it feels safe to do so
- Don't suffer in silence
- Don't do anything back—tell an adult
- Keep evidence of texts, social media comments

What to do if you see someone being bullied:

Start Telling Other People

- Tell a trusted adult
- Speak to an Anti Bullying Ambassador
- Don't stay silent

Be an Upstander Not a Bystander