



Holy Trinity College

Pupil Handbook for Bullying Behaviour

'Inspiration, Innovation, Excellence'

What is Bullying?

Bullying is any behaviour that is intended to hurt, is repeated and where it's hard for the person or people on the receiving end to defend themselves (in other words - the person doing the bullying has the power).

What does bullying look like?

Young people tell us that the most frequent form of bullying is name calling. Bullying can also be physical and emotional, and can take place face to face and online (cyberbullying)

Children that bully very often target any kind of 'difference'. We are all unique but for some of us there may be something which means we stand out. We should all be proud of who we are and if you are bullied it is never your fault.

Difference between bullying and banter

'Banter', or teasing is often fun between friends and family but it can slip into bullying behaviour if we're not careful. Make sure that what you say to others isn't actually hurting their feelings. If they are sad or distressed, stop, and say sorry.

What to do if you're being bullied?

1. Remember it's not your fault. You might feel scared, sad and embarrassed but it's the person or people doing the bullying that need to change, not you.

2. Get help. Don't suffer in silence. Think of an adult who could help you. Tell them you think you are being bullied and you need their help to stop it. If they don't give you the advice you need, go to the next person until you find someone that can help you stop it. No one has the right to hurt you. It is a strong person that asks for help

3. **Keep a record.** Try and keep a diary of events. This should include what happened, when and with who. Your parent or guardian that might be able to help you do this

4. **Know your friends.** Make sure you only hang around with people who make you feel good about yourself. If someone makes you feel sad, scared or makes you do things you don't want to do they are not your friend.

5. **Practice standing up for yourself.** It can help to practice standing or sitting up tall in the mirror, making eye contact and saying a clear, firm 'No'. Don't let the person bullying you get a reaction from you.

6. **Seek a place of safety.** If you are at risk of harm there is no shame in taking yourself away from the situation. Do whatever it takes not to get hurt. If that means finding a safe place at break or lunch time like the canteen, the nurture room or the LRC then do it. Holy Trinity College has large teams of staff who supervise in the morning, break-time, lunch-time and when pupils are exiting school. A place of safety would be standing in the vicinity of one of these adults. Just make sure you seek help as soon as you can.

7. **Remember no one has the right to hurt you.** If someone has physically hurt you in any way, has touched you in a way that made you uncomfortable or is trying to get you to do something dangerous or risky then seek help. Don't blame yourself, find someone who will help.



Who can help?

In school any teacher can help

www.kidscape.org.uk

www.childline.org.uk

www.youngminds.org.uk

Bullying

Bullying is very hard to define. We have all come across the big surly school bully at some time, but it is not only those who are obviously aggressive that bully others.

Bullying often takes the form of laughing at someone, having fun at their expense or actively excluding them.

People who bully are usually very insecure.

They feel the need to prove their strength through emphasising someone else's weakness. Bullies make out that their bullying is the target's fault.

THIS IS NOT TRUE.

If you have ever played any part in bullying someone, it is vital that you understand the full consequences of your actions. Put yourself in the position of the target. Would you enjoy being laughed at or picked on?



Points of View...
Bullies are usually very insecure people.
Do not be afraid to be yourself.
Everyone should live and let live.
Bullying is often a sign of jealousy.
Bullying is never the target's fault.

How to cope with bullying

If you find yourself the target of group bullying, you must remember that most of the group will simply be following the ring-leader.

They will also be frightened of not fitting in, as the bully's attention may turn to them.

Bullying can be a terrifying experience. It is vital that you offer to help the targets of bullying.

What can you do?

Walk away from the situation and then tell someone, i.e. a parent, teacher or a trusted adult. If you do not feel that you can talk to these people first hand, talk it over with your friends first, see who they suggest. There will always be someone who can help.

Bullying in the 21st century Text messages or phone calls

If you repeatedly receive unpleasant or threatening messages keep a record and tell an adult - even if you know who it is. If it is bullying it needs dealt with.

Remember!
Seeming upset will show the young people displaying bullying behaviour that they are winning.
Walk tall and be confident.
Ignore nasty comments and insults



SAY 'NO' AND MEAN 'NO'.

Look the person in the eye.

BE A BROKEN RECORD.

If you do not want to do something keep saying so.

DO NOT RISE TO THE BAIT.

Stay cool and collected.

TALK POSITIVELY ABOUT YOURSELF.

Think of all your good points.

CHANGE THE SUBJECT.

Talk about or do something else

IGNORE THOSE WHO ARE TAUNTING YOU.

They are not worth your attention. If it is persistent, report it to a teacher, parent or trusted adult

AVOID THE SITUATION.

Choose your friends carefully.

STAY IN A 'SAFE' GROUP.

Remember, there is safety in numbers.

WALK AWAY.

Leave temptation behind.

REMEMBER IT IS YOUR FREE CHOICE.

You have the right to feel safe.

BULLYING

If as will probably be the case, the bullying is being done to someone else, you have to ask the target to confide in you. Talk to them sympathetically, explain what cowards the bullies really are and persuade them to talk to someone they trust.

If someone experiencing bullying behaviour does decide to confide in you, it is important that you treat the subject in the correct manner.

- Find somewhere quiet to talk.
- Stay calm.
- Take what is said seriously.
- Reassure the target of bullying.
- Build up the young person's confidence so that they can solve their own problems.
- Do not press the young person for information.
- Find out exactly who was involved in the bullying.
- Explain that you are the young person's friend and want to help
- Try to allay their fears in any way
- If you can't help, find someone who can



Remember!
Bullying can destroy
lives.

CYBER BULLYING

If as will probably be the case, the bullying is being done to someone else, you have to ask the target to confide in you. Talk to them sympathetically, explain what cowards the bullies really are and persuade them to talk to someone they trust.

If someone experiencing bullying behaviour does decide to confide in you, it is important that you treat the subject in the correct manner.

- Find somewhere quiet to talk.
- Stay calm.
- Take what is said seriously.
- Reassure the target of bullying.
- Build up the young person's confidence so that they can solve their own problems.
- Do not press the young person for information.
- Find out exactly who was involved in the bullying.
- Explain that you are the young person's friend and

Why do cyberbullies do it?

There is no simple answer why some people choose to cause pain to others by bullying them. It can be simply a case of someone being in the wrong place at the wrong time and allowing themselves to be easily intimidated.

What to do?

If you are having problems with mobile or online bullying, do the following:

- Talk to someone you trust about it, like a friend, a teacher or an older relative.
- Keep and save any bullying emails, text messages or images you receive.
- Make a note of the time and date that messages or images were sent, along with any details you have about the sender.
- Try changing your online user ID or nickname.
- Change your mobile phone number and only give it out to close friends. Mobile phone companies and internet service providers can trace those who display bullying behaviour so do not be afraid of reporting it to them
- Block instant messages from certain people or use mail filters to block emails from specific email addresses
- Never reply to bullying or threatening text messages or emails.
- Report serious bullying, like threats of a physical or sexual nature, to the PSNI.

Did you know?

- * Do not to give out your personal details to online friends.
- * Personal stuff includes your messenger ID, email address, mobile number and any pictures of you, your family or friends. If you publish a picture or video online - anyone can change it or share it.
- * SPAM/Junk email and texts: do not believe it, reply to it or use it.
- * Never open files that are from people you do not know.
- * It is easier to get on with people online and say stuff you would not normally say.
- * Some people lie online.
- * It is better to keep online friends online. Never meet up with any strangers without an adult you trust.
- * Always tell someone if something makes you feel uncomfortable.



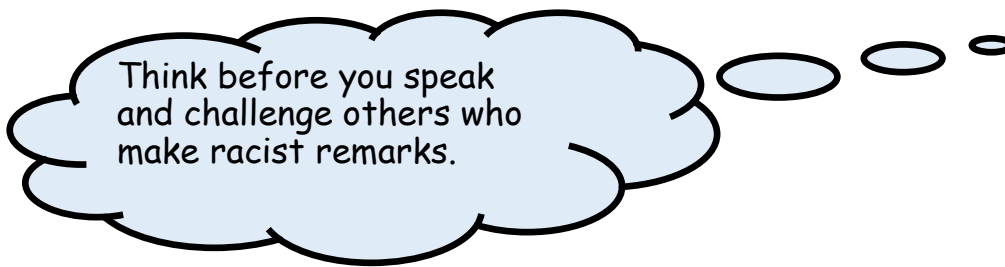
Bullying Behaviour based on Race

The term racial harassment refers to any incident which has a racial motive. It includes personal attacks, written or verbal threats, offensive graffiti or damage to property.

These incidents can happen anywhere - at home, at work, at school or on the streets.

You have a right to feel safe all of the time. This includes feeling free from abuse. There is no reason why any person should be abused because of their race or colour. Imagine how you would feel being picked on because you had blue eyes or black hair. We all have a right to be treated fairly and equally

Racism does not always happen on a large scale, it can take the form of a throwaway comment or remark. A comment which may seem quite innocent to you, may cause a great deal of hurt and upset to someone



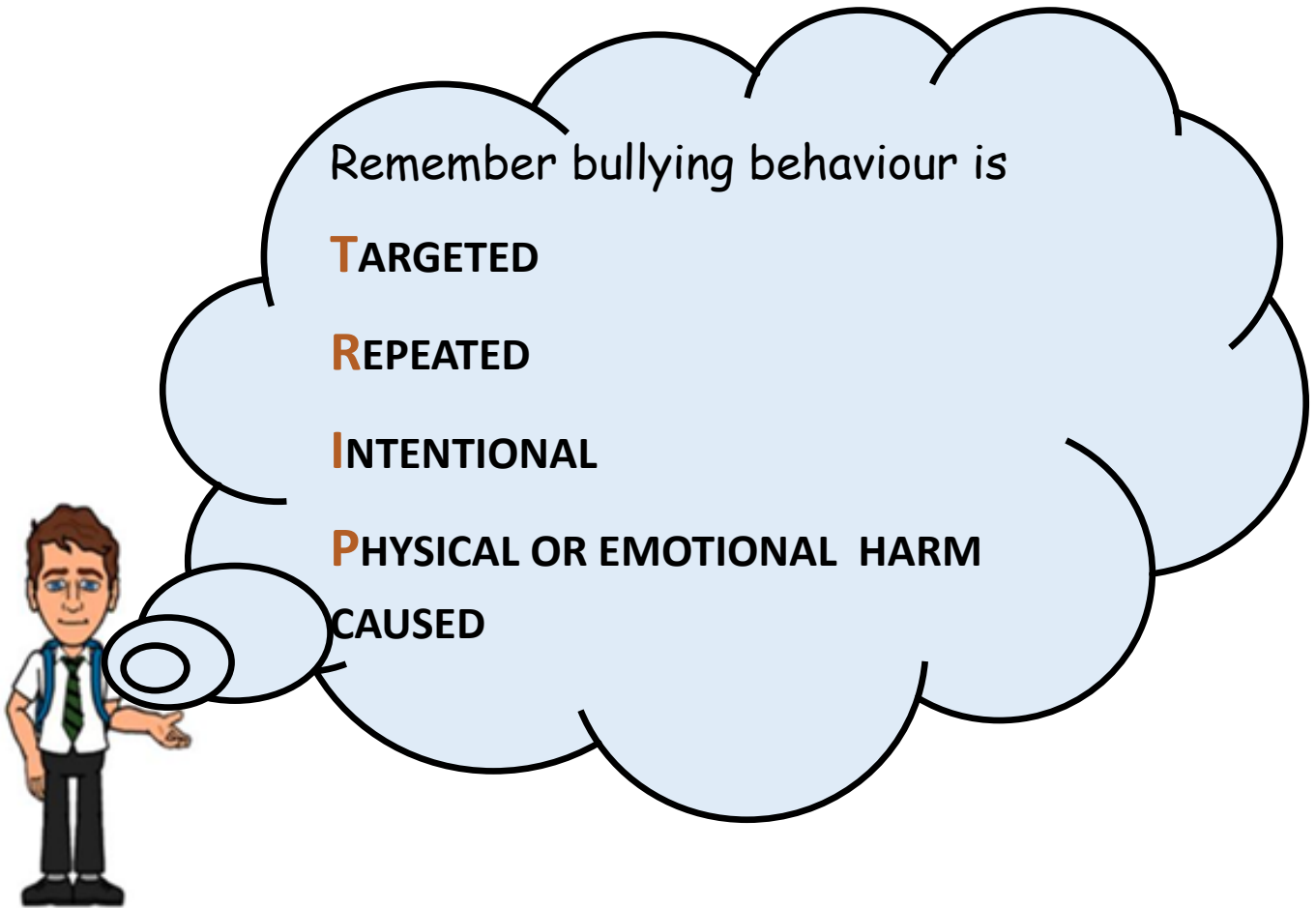
If a young person experiencing bullying based on colour or race, it is important that you approach the subject sensitively and effectively. The target of the bullying will not have chosen you at random and probably believes you to be a person they trust.

Remember

Bullying based on race is something that we must not put up with.

- ⇒ Prejudice is completely unacceptable
- ⇒ Before you decide to pick on someone because of their colour, ask yourself how you would like to be a target.
- ⇒ Think before you speak. What may seem like a completely innocent comment to you may upset someone deeply.

In Holy Trinity College we always recommend that if you are experiencing bullying behaviour that you should speak to a parent, teacher or trusted adult about this behaviour.



If you prefer to report the bullying more confidentially there are slips in the LRC that you can complete and place in the box. This is the information that we need.

YOUR NAME _____ **YOUR CLASS** _____

Is the bullying behaviour directed at you or another? - _____

If another, please include his/her name _____

That's all we need at the minute, a member of the pastoral team will discuss this referral with you within 3 days.

You have the right to be safe coming and going from school and while you are in school. If at any time you do not feel safe, don't keep this to yourself, tell a trusted adult. We are all here to help!



You can name in one hand all the people who can support you in school.

1. Any member of staff in this school especially that staff who teach or assist you in class
2. Your form teacher
3. Your Head of Year, Head of Key Stage or Vice-Principals
4. The Child Protection Team
5. The Pastoral Support Officer or the Counselling Services

Outside Support



Think about Bullying



Texting a
comment is just
as bad as saying it

Once I told
It stopped



**STAND UP TO
THE BULLIES –
THEY’RE
WRONG IN
HOW THEY
TREAT OTHERS**

Bullying is **Wrong**. It is a horrible experience. Being bullied can make you feel very unhappy. People can be bullied in different ways - through teasing, spreading rumours, physical attacks, or making a person feel cut off by leaving him or her out. Bullying can also be carried out by texting or posting photographs and comments on social networking sites by one person or a group of people.

No-one has the right to treat you this way. Bullies are crafty. They are clever at trying to get away with it and often hide behind others to avoid getting into trouble.

If you are being bullied at school tell a teacher. If you get bullied on your way home from school, walk home with a group of friends or get an adult to collect you at the gate.

If you are being bullied via a mobile phone change your phone number. If you are being bullied via social networking site block the person. If this doesn't work, you can report the incidents to the telephone and network providers.

Check out these other sources of support

Helplines:

Childline 0800 1111

Samaritans 0845 790 9090

Lifeline 0808 808 8000

NO-ONE LIKES BULLIES.
They are lonely and insecure. They are motivated by wanting to be liked and popular

www.beatbullying.org/index.html - loads of info on bullying and other websites

www.nhs.uk/Livewell/Bullying/Pages/Bullyingfacts.aspx

- includes information on cyberbullying

www.kidscape.org.uk/childrens/index.asp - advice on how to deal with bullying

www.endbullying.org.uk - gives access to lots of info and advice

www.nhs.uk/index/information-and-services/young-people/health-and-relations/bullying/bullying-at-school.htm

- tells you about bullying and what to do about it

www.childline.org.uk/Explore/Bullying/Pages/Bullyinginfo.aspx information about bullying and what you can do about it