

# The #DC Anti-Bullying Guide for #DC Crew

## What is bullying?

Bullying can happen to anyone at any age. The Anti-Bullying Alliance define bullying as the **repetitive, intentional** hurting of one person or a group by another person or group, where the relationship involved an **imbalance of power**.

At Discovery Academy we are committed to providing a warm and safe environment for our children. Bulling of any kind is unacceptable and will not be tolerated in our school. Any incidents regarding bullying will be dealt with promptly in line with our anti-bullying policy found on our website.

**CHANGE  
STARTS  
WITH**



is it  
**BULLYING?**

**Brave**

**Open-hearted**

**Beautiful**



When someone says or does something *unintentionally* hurtful and they do it once, that's **RUDE.**

When someone says or does something *intentionally* hurtful and they do it once, that's **MEAN.**

When someone says or does something *intentionally* hurtful and they *keep doing it* even when you tell them to stop or show them that you're upset—that's **BULLYING.**

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## Types of Bullying

**Verbal bullying** – Name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone.

**Physical bullying** - Physical pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things.

**Indirect bullying** – Spreading rumours, excluding, ignoring, embarrassing or humiliating people, rude gestures.

**Cyber bullying** - Online/cyber setting up 'hate websites', sending offensive text messages, emails and abusing the victims via their mobile phones.

## Signs

If you suspect that a child is involved in bullying then look out for these signs. (please note this list is not exhaustive, use your instinct if you should have concerns about your own child):

- ✓ Has unexplained cuts or bruises
- ✓ broken or missing possessions
- ✓ becoming withdrawn – not talking, or spending more time alone
- ✓ changes in eating habits
- ✓ changes in behaviour – becoming aggressive at home
- ✓ sleeping badly
- ✓ complaining of headaches or stomach aches
- ✓ worrying about going to school
- ✓ begins to underperform in school work



Share your worries with BOB

*If you have a worry  
Come to me in a hurry  
Share what you want to say  
And help will come your way*

The difference between bullying and falling out

BULLYING	FALLING OUT
Repeated, hurtful behaviour.	Happens sometimes
Deliberate	Accidental
Imbalance of power	Equal power
Not sorry	Sorry
Don't want to sort it out	Want to sort it out

Name of organisation	Telephone number	Website
Act Against Bullying	0845 230 2560	<a href="http://www.actagainstbullying.com">www.actagainstbullying.com</a>
Advisory Centre for Education (ACE)	0207 704 3370	<a href="http://www.ace-ed.org.uk">www.ace-ed.org.uk</a>
Anti-bully	not available	<a href="http://www.antibully.org.uk">www.antibully.org.uk</a>
Anti-Bullying Alliance (ABA)	0207 843 1901	<a href="http://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a>
Anti-bullying Network	0131 651 6103	<a href="http://www.antibullying.net">www.antibullying.net</a>
Beatbullying	0845 338 5060	<a href="http://www.beatbullying.org.uk">www.beatbullying.org.uk</a>
Bully Free Zone	01204 454 958	<a href="http://www.bullyfreezone.co.uk">www.bullyfreezone.co.uk</a>
Bullying Online	020 7378 1446	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>
BBC	not available	<a href="http://www.bbc.co.uk">www.bbc.co.uk</a>
Childline	0800 1111 (helpline for children)	<a href="http://www.childline.org.uk">www.childline.org.uk</a>



## If your child reports bullying

- Listen calmly to your child and take what they say seriously.
- Reassure your child that this is not their fault and make a note of what has happened and who was involved - what, when and where?
- Report the incident or concern to staff at Discovery Academy - staff will protect and support all children and incidents are investigated and resolved.
- Work alongside school staff - Appropriate action will be taken quickly to support the child, clarify the facts and end the bullying behaviour through restorative practice.
- Discovery Academy staff adopt a problem solving and restorative approach to support children and will reinforce that bullying behaviour is unacceptable.
- Please see our website to read through our full anti-bullying policy and pathways of help.
- [www.discoverysheffield.org](http://www.discoverysheffield.org)

