



Beating the Bully

A pupil's guide to dealing with bullying



At St Hilary's, we believe that behaving kindly and respectfully towards others is important for a happy school.

MISSION STATEMENT

At St. Hilary's we aim to educate the whole child by providing unequalled opportunities, support and encouragement for the on-going development of academic, creative, spiritual, moral, social, cultural and physical aspects of our children's lives.

OUR VALUES

Honesty	Empathy
Tolerance	Inclusivity
Respect	Creativity
Responsibility	Perseverance
Aspiration	Resilience
Kindness	

EDUCATE, ENCOURAGE,
EXPLORE



We actively promote democracy, the rule of the law, individual liberty and respect those with different faiths and beliefs. These are fundamental British Values which underpin all that we offer, as does our School Moto 'Not for oneself but for all.'

Everyone needs to treat everyone else kindly and thoughtfully. We think everyone at school should help someone if they are sad by being friendly and put themselves in other people's shoes. We believe this will make a happy and inclusive school.

What is bullying?

Bullying is when somebody may want to hurt or frighten someone else, not just once but over days and maybe weeks.

They could be actually hurting you. So, they could be hitting or kicking you. They could be saying mean or unkind things, or they might not be letting you join in or play with them. Cyberbullying is something, which we are taught about at school; it is when people say mean things online maybe through a phone or computer. Often people are bullied simply because they are different to others.



Where might bullying happen?

Bullying can happen anywhere, although the one thing you can be certain of is that the bully will not do it when there is an adult or older child watching.

Bullying can happen on the playground, in the changing rooms or cloakrooms, in the corridors between lessons, in the lunch queue or online. It can happen anywhere where bullies believe they can get away with it.

If we all keep our eyes open and tell adults if we see anyone being unkind we have a better chance of making our school a safer and happier place.





What do we do to stop it from happening?

As a school, we make it clear that bullying is not allowed. Everyone at the school is taught that things should be fair. The unfairness of bullying is something we talk about often, in Form Time, in our classroom, PSCHÉ, Philosophy, RS and in Assemblies.

Nobody at St. Hilary's can say that they did not know that bullying is wrong and everyone knows that they need to stand up to it.

Stopping bullying is something everyone can help to do.

What to do if I am being bullied?

TALK TO SOMEONE ABOUT IT

Sometimes, by ignoring the bully, or by refusing to show the bully that you are scared or upset, or maybe by standing up to the bully and telling him or her what you think, you may be able to stop it yourself. But even if you think you might be able to handle the problem yourself, it's always best to talk it over with someone you can trust first.

At school you can talk to your Form Tutor, Teaching Assistant, Miss Trew in the office, a Nursery Teacher and any member of staff...even the Headteacher, Mrs Whittingham! You might talk to a prefect in Year 6, an Anti-Bullying Ambassador, your Buddy or even just discuss it with a friend. At home you could talk to your parents or your brother or sister, or your nanny or au pair, if you have one. Just talking about it, discussing ways to deal with it can be a huge help.

If you don't feel like you can talk about it, you could always write your experience down on a piece of paper or even a picture and post it into a 'worry monster' or 'Zippy Whittingham'. If you wanted to talk to someone outside of school and family, you can always contact:

Childline on 08001111 or www.childline.org.uk

The important thing is to let someone else know what you are going through.



But won't telling make things worse?

People who are bullied are often worried about telling people how they feel, and that is why many bullies are allowed to get away with it for a long time. Their victims are frightened to tell because they fear it will make things even worse. Of course, it's exactly what bullies want them to think, in fact they need it to happen.

So don't let anyone persuade you to keep quiet about being bullied. People may tell you, 'You'll only make it worse if you tell,' but this might be the worst advice you could be given.

By talking to someone about it, particularly if it is an adult, you will be making the first big step towards making it much better, and eventually stopping it altogether.

Be brave and speak up. Never Suffer in Silence.



Whose responsibility is it to stop bullying from happening at St. Hilary's?

It is everyone's responsibility to stop bullying at St Hilary's. Whether we ourselves are being bullied or we see someone else being bullied, we know we must be brave enough to act.

If we all make it absolutely clear by what we say and by what we do that we won't put up with bullying, then we have the chance to remove it from our school.

REMEMBER, BULLYING IS WRONG! DON'T PUT UP WITH IT!



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Person responsible: Mrs Gemma Mitchell (Deputy Head)