



# ANTI BULLYING GUIDE

## WHINLESS DOWN ACADEMY

What is bullying behaviour?

Bullying behaviour is **REPEATED**, **NEGATIVE** behaviour that is **INTENDED** to make others feel **UPSET**, **UNCOMFORTABLE** or **UNSAFE**.

The 3 bullying behaviour types  
**V.I.P**



### VERBAL

Saying mean things, gossiping  
calling people names.



### INDIRECT

Leaving people out, spreading  
rumours both on and off line.



### PHYSICAL

Physical contact hitting,  
kicking, punching

What can you do if  
you are experiencing any  
of these behaviours?



These people are here to listen:

- Any adult in school that you trust
- Anti bullying ambassadors
- An advocate or sports ambassador

TELL  
someone you trust



**The sooner you tell someone, the sooner it will stop.**

**Once you've told someone, what happens next?**

**You will be taken seriously and given support straight away**

**We will help to stop the bullying**

**We will include your parents**

**We will help you to identify an adult you can talk to any time**

**We will bring about change in behaviour of those that bully**

**We will let you decide when you no longer need support from  
an adult**

Whoever you **TELL**, they will **ACT** on it. **YOU** will be listened to and taken **SERIOUSLY**.  
Speaking out is a brave and **ADVENTUROUS** thing to do! You have the right to feel **HAPPY**,  
**SAFE** and **COMFORTABLE** every day.