

**Bullying**



William Cobbett School

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At William Cobbett we believe that our students are entitled to learn in a positive environment. Occasionally, bullying prevents a few children from concentrating on their studies and enjoying school. We are committed to prompt and effective action if this occurs and are confident we can stop bullying. To do this successfully, we need the partnership of students and parents.

What is bullying?

- Bullying is the deliberate, conscious desire to hurt, threaten or frighten someone.
- It can be physical, such as hitting, prodding and pushing
- It can be verbal: nicknames, racist or sexist taunts, personal comments. Students who are new, or different, may be vulnerable. (Verbal bullying is often the most common form in schools).
- It can be non-verbal, such as taking sweets or money, or damaging equipment.

Signs of being bullied: how to recognise it

- Children becoming distressed, not sleeping, not eating, being withdrawn.
- Children unwilling to come to school (stomach aches or headaches).
- Missing equipment for which there is no explanation.
- Children making an unusual request for extra money.
- Bruising, or damaged clothing.
- Change of friendships.

What can you do if you are being bullied?

- Inform a teacher immediately. Victims often believe that bullying cannot be stopped or they are frightened of what will happen if they tell. This is understandable, but wrong. We can act sensitively, and bullying can be stopped when we are told about it.
- Keep a written record or diary of the bullying (who/what/where/when).
- Do not hit back. It will only make matters worse and could blur the real issue.

How can you help us to help you?

- Provide us with details: in order to get away with it, bullies need opportunities.
- Trust us. We know what to do if we have the right information.
- Support us. Both victims and bullies need help to prevent damage to their self-esteem, which can have a bad effect later in life.

**1 Read the section called *What is bullying?* and answer these questions.**

- 1 Give two examples of physical bullying. ....
- 2 Give two examples of verbal bullying. ....
- 3 Give one example of non-verbal bullying. ....
- 4 Which types of students are often vulnerable? .....

**2 Read the section called *Signs of being bullied – How to recognise it* and find words which mean the following:**

- 1 upset (**d**istressed.....)
- 2 silent and uncommunicative (**w**.....)
- 3 things you need for your school work (**e**.....)
- 4 blue or yellow marks on the skin caused by being hit (**b**.....)

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**3** Read the section called *What can you do if you are being bullied?* and find words which mean the following:

- 1 tell **i**.....
- 2 the ones who suffer the bullying **v**.....
- 3 make something less clear **b**.....

**4** Read the section called *How can you help us to help you?* and find words which mean the following:

- 1 to escape punishment to **g**..... **a**..... **w**..... it
- 2 the ones who do the bullying **b**.....
- 3 an injury or harm to someone **d**.....

**5** In pairs or groups, discuss the questions below.

- 1 What do you think of the advice given here? Which parts are helpful to parents? Which parts are for pupils?
- 2 Is it a good idea to keep a written record of bullying? Why/why not?
- 3 Do you agree that verbal bullying is the most common form?
- 4 Do you agree that hitting back will only make matters worse?
- 5 Is bullying bad for the bully as well as the victim? Explain your answer.

**5** Now read the conclusion to the text about bullying. Fill each gap with one word from the box.

them    offer    bully    carefully  
awareness    where    listening    investigating



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What Can We Do?

As well as raising [ ] through the curriculum and giving students opportunities to talk about bullying in general, we have clear procedures for [ ] possible incidents and careful guidelines for [ ] to victims, witnesses and bullies. We reassure the victim and witnesses without making [ ] feel disloyal, inadequate or foolish. We investigate and monitor very [ ] and calmly. We [ ] concrete help, advice and support to the victim and take a firm stand with the [ ] using appropriate, non-bullying punishment.

Working together, we can help stop bullying.

William Cobbett School is a place [ ] everyone can work together, happily and constructively.