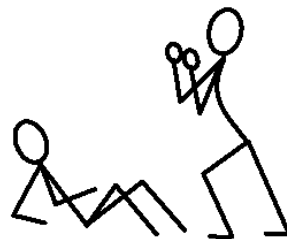


Anti Bullying campaign leaflet

For parents, carers and staff



bully





BEDFORD BOROUGH COUNCIL

Borough Charter granted in 1166



Chief Executive: P. J. Simpkins



Please ask for: Engagement & Development
Direct line: 01234 718388
E-mail: youthcabinet@bedford.gov.uk
Fax no:
Your ref:
Our ref: Anti Bullying Campaign
Date:

Dear Sir / Madam,

Welcome!

We are the youth cabinet members. We have joined the youth cabinet in 2012 for 2 years to help make Bedford Borough a better place for children and young people.

We did consultation in 2012 with over 1400 children, young people, parents and adults to find out what we should work on for a campaign and everyone said Jobs & Money, Transport and Anti Bullying.

We have produced this pack because we want to ensure people have the best knowledge about bullying. This pack provides a leaflet, a video, a resource pack, pen and wristband. More can be ordered from us if you would like them.

We hope this will provide as much information or links as you need.

Thank you very much for your interest,

Yahiya, Natalie, Ben, Haleema, Alice, Grace

Youth Cabinet Anti Bullying Campaign Members

#youthvoice

Kevin Crompton, Director for Children's and Adults' Services,
Borough Hall, Cauldwell Street, Bedford MK42 8AP DX 117105 Bedford 4

Phone (01234) 267422 Minicom (01234) 221827 Web www.bedford.gov.uk

Our Aim

Our aim is to have zero tolerance to bullying where staff are trained well to deal with bullying and young people have access to high quality support and information.

Why are we doing this?

We recently did research on bullying and what we found was that:

- Almost half (46%) of children and young people say they have been bullied at school at some point in their lives.
- 38% disabled children worried about being bullied.
- 18% of children and young people who worried about bullying said they would not talk to their parents about it.

What do we want?

We want young people to feel safe in schools and the community in Bedford Borough.

We want all schools to have good things in place that stop bullying which has been created by the students and staff at school.

We want young people to have access to support and information to help them to be better without bullying.

What is bullying from our point of view?

*“Bullying is when a person aggressively intimidates and threatens a person both verbally and physically for selfish reasons”.
Aged 17*



“Bullying means intimidation of a person through both verbal, physical aggression. This could be about anything of that person e.g. race, personality, or culture etc”. Aged 11

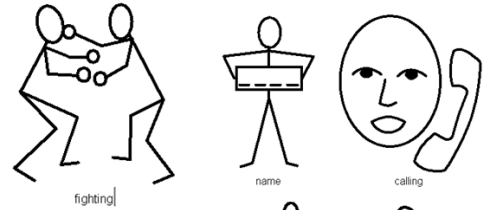
*“Threatening people to make them feel intimidated”.
Aged 15*

“Bullying is when someone is being horrible to another person.” Aged 21

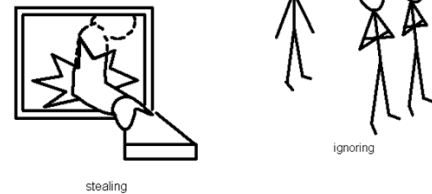
“Calling people names” Aged 20

What are the types of Bullying?

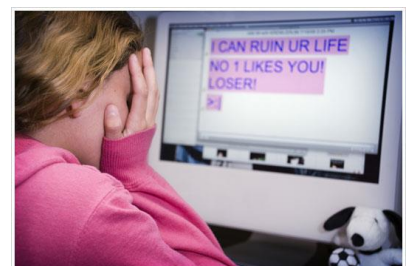
- Verbal bullying- name calling, swearing, verbal threatening



- Physical bullying- punching, kicking, pushing,



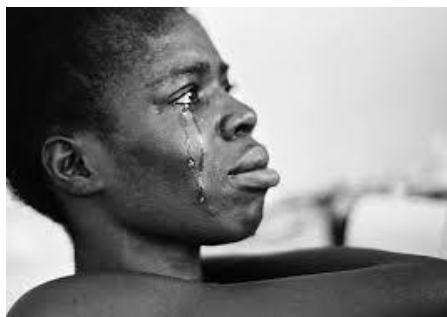
- Cyber bullying- threatening, name calling through social media devices, e.g. phones, social networking etc.
- Racist or hate bullying - bullying due to ethnicity, religion, culture, what they are etc.
- Sexual Bullying- inappropriate touching, sexual advances, sexually teasing someone etc.
- Indirect bullying- spreading rumours



The affects of bullying

The affects of bullying can lead to much emotional turmoil that can damage a human being. This can be:

- Depression
- Anger and hatred
- Loss of interests
- Anxiety
- Diminished self confidence and esteem
- Self harm
- Suicide



Signs to watch when you suspect a bullied young person

- Unexplained injuries
- Lost or destroyed clothing, books, electronics or jewellery
- Frequent headaches and stomach aches, feeling sick or faking illness
- Changes in eating habit, such as skipping meals or binge eating. Feeling hungry when coming home because they didn't eat lunch
- Difficulty sleeping or frequent nightmares
- Declining grades, loss of interest in school work, or not wanting to go to school
- Sudden loss of friends or not participating in social situations
- Feelings of helplessness or lowering self esteem
- Self destructive behaviours such as running away from home, self harm, talking about suicide

What you do when a child is being bullied?

- Listen and focus on the child - learn what's going on and show you want to help
- Reassure the child that bullying isn't their fault
- Understand that children and young people will find it hard to talk about bullying. – try and encourage them to talk to you about what has happened.
- Give advice about what to do - this may involve role-playing and thinking through how the child reacts when bullying occurs again.
- Work together to resolve the situation - This can involve working with the school on how to help a child, e.g. creating small changes for a child to be more comfortable in school
- Be persistent - bullying does not stop overnight, commit to making it stop and help a child constantly

What not to do when a child is being bullied?

- Never tell a child to ignore the bullying
- Never tell them that it's their fault even if they provoked the bullying
- Do not tell a child to fight back, it could get them hurt or suspended or expelled from school
- Resist the urge to contact other parents as this will make matters worse. Schools and support workers will act as mediators between parents

What to suspect if a child is bullying someone?

- Getting into physical or verbal fights
- Have friends that bully others
- Increase in aggression
- Frequent detentions or sent to head masters office for behaviour
- Blaming others for problems
- Don't accept responsibility for their actions
- Competitive and worry about their reputation and popularity

What to do if a child is bullying someone?

- Make sure the child understands the effects of their behaviour - young people who bully must know their behaviour and actions are wrong and hurt others
- Show children and young people that bullying is taken seriously - calmly tell the child that bullying will not be tolerated. Model respectful behaviour when addressing the problem
- Work with your child find out why he/she bullied –

Children and young people can bully to fit in. Try and take them to positive activities such as sports activities where they can have leadership roles and make friends without having the need to bully.

Other children and young people bully due to issues in school or home, or they may also have been bullied. They may need additional support such as mental health services.

- Involve the child or young person who was the bully in making amends or repairing the situation - write an apology letter, or do a good deed for the bullied child.

How to prevent bullying in schools?

- Assess bullying in school - conduct assessments on how often bullying occurs. How students and adults intervene and find out if they are working.
- Engage parents, children and young people - It is important to work as a whole community to spread the message of anti-bullying.
- Launch awareness campaigns, establish a school safety committees or task force to plan, implement and evaluate your school's bullying prevention programme.
- Create policies to establish a climate that bullying is not acceptable.
- Establish a school culture of acceptance, tolerance and respect. Use staff meetings, assemblies, class and parent meetings, newsletters to families, the school website, and the student handbook to establish a positive climate at school.
- Educate students and school staff on bullying with training and activities about bullying and the consequences of bullying.

We have made a word search for you to use with your groups. Don't forget to also put up your NSPCC poster, give out the information cards and order our wristbands!



ANTI BULLYING WORD SEARCH

Z	H	I	I	D	B	R	X	O	H	C	U
F	O	B	A	Q	U	I	O	T	W	G	L
P	R	I	R	N	L	C	H	N	Y	D	N
L	R	T	L	C	L	G	G	G	A	Q	E
Y	I	I	F	M	I	V	Q	S	D	V	I
Q	B	N	F	F	E	L	I	W	O	I	R
V	L	G	P	O	S	M	W	V	W	F	W
R	E	S	T	E	L	E	P	H	O	N	E
N	A	S	T	Y	P	T	H	F	H	F	A
D	L	D	R	E	O	U	J	V	U	P	B
H	V	Q	D	U	A	X	J	U	D	R	F
J	N	K	Y	W	K	L	I	V	U	X	H

TELEPHONE
SAD
BULLIES
FIGHT
STEAL
NASTY
BITING
HORRIBLE

Answers on pg 14!

NOTES:

Thank you for reading this booklet on anti-bullying. We hope you find this booklet useful and hope one day that bullying can stop completely in the future and to avoid young people suffering from bullying.

For more information visit these websites:

www.bullying.co.uk

www.bbc.co.uk/schools/parents/bullying/

www.kidshealth.org

www.childline.org.uk

www.kidscape.org.uk

www.anti-bullyingalliance.org.uk

www.nspcc.org.uk

www.stopbullying.gov



**Written by Shak, Ben, Haleema,
Natalie, Alice & Grace –
Bedford Borough Youth Cabinet
Members
2012 - 2014**

#youthvoice