

# Willow Banks Forest School

## Anti Bullying Guidance for Young People



Please share this guidance document with your young person.

It can be printed and folded into a brochure for them to keep.

Please ensure they understand all the information contained in this document and know how to get support if they need it.

## What is bullying?

Bullying is where someone hurts or frightens you on purpose. Bullying is when it happens more than once.

## Bullying is:



having nasty text messages, emails or telephone calls.



when someone kicks, hits and pushes you or when someone touches you when you don't like it.



when you feel sad by being left out of a group of friends.

## Anti Bullying Guidance

*Some people may need support to guide them through this information so that they understand.*



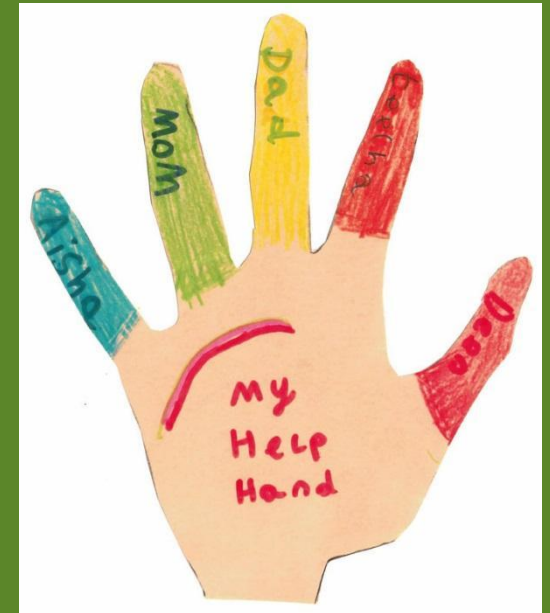
when you have been teased or when people say nasty things about you

## Who can I tell?

Do not try to deal with problems on your own. There is always someone who can help.

WILLOW BANKS  
FOREST SCHOOL

A helping hand is when you think of 5 people who you would tell if you are being bullied.



Who is on your helping hand? Can you think of 5 people you can tell?



## Do not blame yourself.

It is not your fault that you are being bullied.



## If you are being bullied:

- Don't let the bully see that you are upset or crying.
- Don't get angry with the bully and hit them.

## The National Bullying Helpline website and helpline.

Is open from 9am to 5pm Monday to Friday.

Freephone  
0300 323 0169

Email: [help@nationalbullyinghelpline.co.uk](mailto:help@nationalbullyinghelpline.co.uk)

<https://www.nationalbullyinghelpline.co.uk/contact.html>



### At School

- Classroom teacher
- Resource teacher
- Classroom aide
- Lunchroom monitor
- Recess monitor
- Guidance counselor
- Principal or administrator
- Service providers, such as speech therapists
- Supportive friends

Remind your child that reporting bullying is not tattling. It's an important and responsible thing to do. And it's necessary to help stop the problem of bullying.

## Who Can Help With Bullying

Just knowing there are adults your child can turn to can help make her feel safer. Even if they can't actually solve her bullying problem, they can offer advice and support in other important ways.



### At Home

- Parents
- Primary caregiver (nanny, babysitter, etc.)
- Siblings
- Grandparents and extended family



### In the Community

- Close neighbors
- Scout or group leader
- Coach
- Police officer
- Religious education leader
- Doctor
- Therapist

## You can try to stop the bully by

- Looking at the bully in the eyes and telling them to go away.
- Or don't speak to the bully and walk away



***Tell someone you trust!***

Remember it is not your fault that you are being bullied.

