



Llywodraeth Cymru
Welsh Government

Respecting others

Draft anti-bullying
guidance 2018

5 to 11-year-olds

What's it all about?

It's your right to be protected
from bullying and bad behaviour.

Everyone should be treated
fairly and no one should be treated
differently because of the way they are or
what they believe. It's against the law to do
this (discrimination).

If you see others being bullied you
should try to stop it by speaking out or
telling someone.

You should respect others
(including teachers and other staff) –
remember we are all different.

What does bullying look like?

Bullying is:

behaviour that is **meant to hurt, frighten or upset** someone. If this behaviour **keeps happening** it could be seen as bullying.

Bullying is not:

- ⇒ **teasing** between you and your friends that goes wrong but **only happens once**
- ⇒ if you **fall out or argue** with your friend
- ⇒ **a fight that only happens once**
- ⇒ **a problem with a friendship** where one person doesn't want to be friends anymore.

Bullying can be:

- ⇒ **physical** – kicking, tripping up and shoving, spitting, hitting, punching, threats and damaging someone's things on purpose
- ⇒ **verbal** – name-calling, being teased, saying nasty/unkind things about how someone looks or acts
- ⇒ **indirect** – spreading rumours or talking about someone behind their backs
- ⇒ **online** – saying nasty things or sharing nasty pictures by mobile phone or on the internet
- ⇒ **written** – unkind notes, texts, messages, letters or graffiti.

These are just some examples. If you are worried, tell someone. They can help you understand if it is bad behaviour or bullying.

Is it bullying or bad behaviour?

In your school bad behaviour is when someone acts in a way that hurts or upsets others. If someone **keeps doing this bad behaviour on purpose** it could be bullying.

What can you do?

Things you **can do** if you are being bullied.

You can...ask them to STOP.

You can...tell them to go away.

You can...walk away and find different friends to play with.

You can...tell someone. Find an adult to tell or talk to a friend who can go and speak to an adult for you.

Things you **should not do** if you are being bullied.

Don't...think it is your fault.

Don't...do what they say.

Don't...get angry.

Don't...hit them.

Don't...behave badly back.

What to do if you see someone else being bullied

- ⇒ **Tell someone** or the bullying will keep happening – don't stay silent.
- ⇒ If it is safe to do so, **tell the bully to stop.**
- ⇒ **Don't ignore** the bullying.
- ⇒ **Don't join in.**
- ⇒ **Don't encourage the bully** – including liking or sharing things online.

What to tell an adult or friend if you are being bullied

- ⇒ **What** happened.
- ⇒ **Where** it happened.
- ⇒ **How** many times it happened.
- ⇒ **Who** saw it happen.
- ⇒ **Who** was involved.
- ⇒ **How** it made you feel.

What should your school do?

Your school should take bullying very seriously and deal with it quickly to show bullying is not allowed.

Every school in Wales must have a **school behaviour policy** in place – this is the law. A policy is a set of rules which everyone should follow. Your school's behaviour policy should explain how your school will deal with bullying.

All the teachers and other staff in your school should work together to:

- ⇒ make your school a place where you can feel safe, happy and ready to learn – that means no bullying allowed
- ⇒ help everyone, including you, to show respect to one another
- ⇒ teach you everyone has the right to be who they are.

If bullying does happen your school should listen to your concerns and take action to stop the bullying. This is why it is important for you to tell an adult. If your school doesn't know bullying is happening they can't help stop it.

What to do if you tell your school and you don't feel they are helping you

Support helpline

If you find it hard to talk to someone at school or at home you can contact MEIC at www.meiccymru.org or call them free on 080880 23456.



You can ask MEIC for advice and support about lots of things, including bullying.

Counselling

If bullying is making you feel really upset, you may be able to have counselling to help you deal with those feelings. Counselling is given to children in Year 6 and to all young people aged 11 to 18. You can make an appointment or ask your parents/carers/school, friend or another adult you trust to make an appointment for you. Check out your council website for information in your area.

Making a complaint

If you want to make a complaint about the way your school is dealing with bullying, check the school website or ask a teacher or other member of staff how to make a complaint. They will talk you through the steps of how to do this and help you to make your complaint.