

Student Anti-Bullying Expectations

Created by your Anti-Bullying Ambassadors

What bullying is

- Bullying is behaviour which is intentional, targeted and repeated to an individual or group, to either physically or emotionally harm them.

What are the most common forms of bullying?

- Often, the most common form of bullying is being excluded from friendship groups. This can make people feel like they're not wanted, they're alone and reluctant to come to school.
- Online bullying is also common and can make people feel isolated.

Types of bullying

- Verbal
- Indirect
- Physical

What to do if you experience bullying

- Report it. Talk to your form tutor, Student Welfare Officer (SWO), or Head of Year (PDL), a friend you trust or an anti-bullying ambassador.
- Go on the school website, click 'Students', then 'Anti-Bullying', then complete the online form. ([Penair School Anti-Bullying Form \(office.com\)](http://Penair School Anti-Bullying Form (office.com)))
- Or you can just go to C90 to report to an ambassador during Thursday KS3 lunchtimes.

What to do if you see or witness bullying

- Talk to the person involved, reassure them and tell them where they can go for support.

What your friends might say if they're being bullied

- I don't want to go to school today...
- I'm too tired to go to school...
- I feel like I can't trust X anymore...

Why people bully

It could be because they are facing pressure themselves, or they don't realise their behaviour is upsetting.

What we do / why we're here

- We help make people happy and safe.
- We help report incidents of bullying.

Where you can find us

- In C90 every Thursday KS3 lunchtime

