

The Downs School Policy on Bullying

Bullying is repeatedly doing or saying nasty things to someone with the deliberate intention of hurting them.

Q What do I do if someone is being bullied?

- Always support them.
- Tell an adult you trust straight away.
- If you are by yourself ask for the help of friends.
- Speak with the Anti-Bullying Ambassadors.

Q How do I support someone?

- Assure the victim that you will help them.
- Ask for your friends to support the victim.
- Ask for the help of an adult.
- Make sure the perpetrator knows that bullying is unacceptable at The Downs.

Q What do I do if I'm being bullied?

Tell someone you trust; it could be:

- Your Class or Form Teacher
- Your Parent
- Your Tutor
- A Matron
- Mr Elliott or Mrs Payne
- Mrs Isaachsen
- Call Child line 0800 1111

Q What will the School do?

The School will support you.

- Your teacher, a matron perhaps your Tutor will help you.
- Mr Elliott or Mrs Payne will help you.
- Mrs Isaachsen will always support you.
- The perpetrator will be made to understand how they have caused hurt.

What does bullying look like?

Sometimes bullies work **alone**; Sometimes bullies work in **groups**; They come in all shapes and sizes. All ages, boys or girls

Physical bullying

- Hitting
- Kicking
- Punching
- Biting
- Pinching
- Any action intended to hurt.
- Hiding items

Bullies can also use words to hurt people about:

- Shape
- Looks
- Disabilities
- Intelligence
- Family
- Nationality
- Sexuality
- Gender
- Religion
- Needs

It is **never just banter**

Cyberbullying

Bullies might send nasty, hurtful messages on social media platforms like WhatsApp, Instagram or TikTok.



Emotional Bullying

Bullying involves an imbalance of power between the perpetrator and the victim.

Where the bully has control over the relationship which makes it difficult for the victim to defend themselves:

- Psychological (knowing what upsets someone)
- An intellectual imbalance.
- Or the capacity to socially isolate.
- It can result in the intimidation of a person