

## 6 Things You Should Do



Tell someone you trust.



Keep a record of what's happening.



Don't retaliate.



Surround yourself with people that make you feel safe.



Don't blame yourself - it is not your fault.



Be proud of who you are.

## Who You Can Speak To

- Your Form Tutor.
- Your Progress Leader
- A member of the sixth form.
- The school based youth worker.
- Any teacher.
- Any member of staff.
- Your family and friends.



### Useful Websites

- [www.bullying.co.uk](http://www.bullying.co.uk)
- [www.kidscape.org.net](http://www.kidscape.org.net)
- [www.antibullying.net](http://www.antibullying.net)
- [www.parentscentre.gov.uk](http://www.parentscentre.gov.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.nspcc.org.uk](http://www.nspcc.org.uk)

**Bullying: It doesn't mean  
you're strong.  
It means you're wrong.**

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# Bullying

A parent and pupil guide



## What is Bullying?

- **Name-calling**
- **Spreading nasty rumours**
- **Stealing money and belongings**
- **Blackmail**
- **Physical violence**
- **Damaging personal belongings**
- **Telling lies to get someone in trouble**
- **Posting nasty messages on social media.**

## Warning Signs of Bullying

- Increased passivity or withdrawal.
- Frequent crying.
- Recurrent complaints of physical symptoms such as stomach-aches or headaches with no apparent cause.
- Unexplained bruises.
- Sudden drop in grades or other learning problems.
- Not wanting to go to school.
- Significant changes in social life - suddenly no one is calling or extending invitations.
- Sudden change in the way a pupil talks—calling him / herself a loser.

## What To Do If You Are a Bully?

1. Think about the victim. How would it feel?
2. Learn to control your anger and aggression. Choose to be assertive rather than aggressive. Think of the consequence of your actions.
3. Think before you post online. If you wouldn't say it to his / her face, don't post it or text it. If you are angry or upset, put down your phone and don't post anything.
4. Find a more productive way to deal with anything you are going through. Talk to friends, play a sport, join a club, write in a journal or exercise. All are great ways to let off steam.
5. Ask teachers or counsellors if you can help other bullies or victims.
6. Stand up for others being bullied.
7. Set goals for how to stop bullying. "I will not start gossip today." "I will say something nice today."
8. Make new friends. You may be hanging out with people who encourage your bullying habits.

## If You Are Being Bullied

1. Leave the situation. Try to do this before things escalate.
2. Respond directly to the bully. But take time to figure out what to say. Be assertive and confident. Keep a calm and steady voice.
3. Ask for help. If you see someone you know, call them by name. If no one you know is close by, ask whoever is standing close.
4. Use fogging - respond with neutral or affirmative statements that won't escalate the situation. Try things like, "Maybe." "That's your opinion." "Whatever."
5. Use a comeback line. Stump them and make them think twice, but with no intention of angering the bully. You could say, "Whatever you say."
6. If you decide to respond, take time and practice. Be assertive and confident but not aggressive. Keep a calm voice and maintain eye contact.