

# FEELING SAFE AND SECURE AT BURNLEY HIGH SCHOOL.

At Burnley High School, we pride ourselves on our family ethos and sense of community. This ensures pupils, staff and visitors feel welcomed and accepted.



## Types of Bullying

Bullying comes in many forms, but no matter which form they come in, they still count as bullying!



### Physical Bullying:

Hitting  
Smacking  
Kicking  
Punching  
Or any physical contact that is harmful.

### Verbal Bullying:



Name calling.  
Threats.  
Offensive remarks.  
Insulting someone because of their religion, skin colour or background.



### Indirect Bullying:

Spreading nasty stories about someone.  
Gossiping and leaving someone out from social groups.  
Stopping someone from having a happy time at school.

**These are just a few examples, there are many more!**

## What is bullying?

Sometimes, as we grow up, we do fall out with people. This is not bullying.

Bullying is persistently attempting to damage the wellbeing of another.

Bullying can be presented in many different forms such as, verbal, sexual, indirect, cyber and physical.

## What should I do if I'm being bullied?

If you are being bullied, do not worry, there is help out there. You are NOT alone. Never be scared to talk to anyone, the issue can always be resolved.

### DO NOT:

Do what the bully says.  
Let the bullies actions hurt you.  
Get angry or use physical violence.

### DO:

Tell someone you trust such as parent or carer or teacher.  
Ignore the bully and walk away.

## Who should I speak to?

Please talk to your class teacher, especially one you trust. They'll always be there to listen and will not make the situation worse.

Confide in your closest friend.

Talk to a parent at home – not everything must be in school.

Other adult staff can still be in touch – your head of year, teaching assistants and other supervisors will make sure the bullying is stopped and will keep you safe.

Childline are always free if you don't feel comfortable speaking to anyone – **08001111**.

**Welfare & Safeguarding leads – Mrs Walmsley and Mrs Fort.**

**The Emotional wellbeing team, that are located in and around our school are Sam at CANW and Hayley at BFC**

## Staying Safe Online

- Don't post any personal information online – your address, email address or mobile number.
- **Never** give out your passwords!
- Don't meet up with people you've met online.
- Remember, not everyone online is who they say they are!

## How Can We Prevent Bullying?

- Ensure **ALL** school rules are being adhered to.
- Ensure that you are always being kind and considerate towards others.
- Think about the consequences of your words and actions. **(THINK BEFORE YOU SPEAK)**
- Educate students and staff on the effects of bullying

## Consequences of Bullying:

- Reported to senior leadership
- Detentions
- Fixed term exclusion
- Permanent exclusion

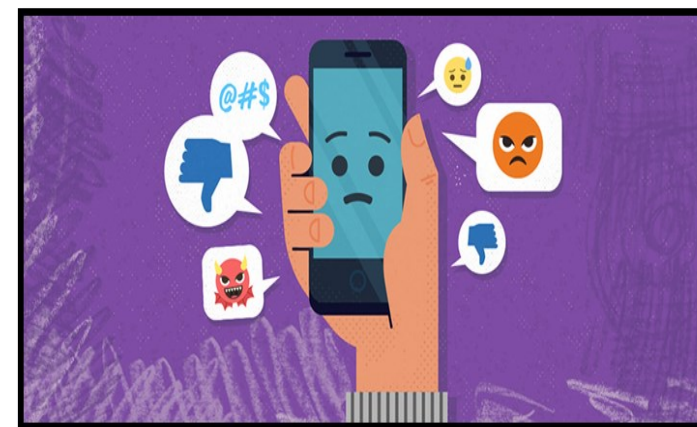
## Some useful websites are:

**Anti-bullying Alliance (ABA)-** [www.anti-bullying.org](http://www.anti-bullying.org)

Brings together more than 65 organisations with the aim of reducing bullying and creating safer environment in which children and young people can live, grow and learn.

**Beatbullying-** [www.beatbullying.org.uk](http://www.beatbullying.org.uk)

Beatbullying is the leading bullying prevention charity in the UK and provides anti-bullying resources, information and advice for young people, parents and professionals affected by bullying.



*This Leaflet was created by the 20/21 Student leadership team (HB, CS, VD, JM, AS, BK).*