

## Cyberbullying

Cyberbullying is sending rude, unkind messages to someone online. It could also be someone commenting or sharing something inappropriate, like photoshopping a photo. This could be done on social media or online gaming platforms. It happens over and over again. It could be done by one person or a group of people.

### Top tips for staying safe online:

- Stop and never reply to mean comments
- Speak to an adult or someone you trust
- Support each other
- Use the block button
- Never give out your personal details

### Quotes from the children

'We choose respect over bullying.'

'If we see bullying we will tell an adult and be a good friend.'

'Bullying is not acceptable in this school.'

'We are against bullying.'

## Who can help me outside of school?

- Family information service  
FIS, Childrens services Floor 1  
The Woolwich centre  
35 Wellington street  
Woolwich  
Se18 6HQ  
Tel:02089216921  
Email: [fis@greenwich.gov.uk](mailto:fis@greenwich.gov.uk)

-National helplines/ advice:

Anti-bullying Alliance  
[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

Kidscape  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

Childline  
08000 1111

Bullying on line  
[www.bullying.co.uk](http://www.bullying.co.uk)

Family lives  
<http://familylives.org.uk/>

Stonewall  
[www.stonewall.org.uk](http://www.stonewall.org.uk)

cyberbullying  
[www.cyberbullying.org](http://www.cyberbullying.org)

Internet chatrooms advice  
[www.chatdanger.com](http://www.chatdanger.com)

Think U know (CEOP)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Know it all for parents - Childnet  
international  
[www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)

Please speak to a member of staff if you would like further information. More information can also be found on our anti-bullying charter on the school's website.

## Anti-Bullying



## Wingfield Primary School

Written by Anti-Bullying  
Steering Group

Responsibility –  
Tolerance –  
Respect – Forgiveness –  
Peace – Trust – Co-  
operation – Kindness –  
Honesty – Resilience

## What is bullying?

At Wingfield, we define bullying as when a person or group of people are being picked on and hurt in some way and this happens many times not just once or twice. It can be that someone is hurt on their bodies by actions such as kicking, hitting, pushing, and tripping or it can be saying unkind things and using hurtful language to make someone feel upset and unhappy. There is also bullying that can happen on devices such as mobile phones and the internet.

## Restorative Questions

- What happened?
- What were your thoughts and feelings, then and now?
- Who else has been affected?
- What do you need now?
- What is the agreement?
- How will the agreement be monitored?



## How Do We Prevent Bullying?

We use assemblies and circle time to reflect on the importance of our school values.

We remind children of the types of behaviour that are seen as 'bullying behaviours'.

We have buddies in the playground who are there to support children who are feeling worried about something.

We celebrate children who show kindness to others.

We participate in Anti-bullying weeks and provide an on-going education around bullying throughout the year.

**We ensure that all relationships are repaired through Restorative Approaches.**

## What can I do if I think I'm being bullied?

Talk to someone you trust. If you ever have any concerns always speak to an adult.

## Who can help in school?

EVERYONE

Teachers

Teaching Assistants

Learning support mentor

Mr Silcock

Mrs Powell

Parents

Buddies

Friends

