

What are bullying-type behaviours?

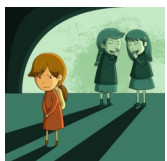
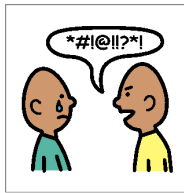
There are different kinds . . .

Physical - hitting, kicking, taking belongings



Cyber - sending unkind messages by phone, Internet, gaming platforms

Verbal - name calling, insults, racist remarks



Indirect - threatening, spreading nasty stories, excluding someone, imbalance of power

Children may come into contact with bullying-type behaviours as they journey through life. At Upshire we aim to provide children with the social and emotional skills and support to minimise bullying-type behaviours and give permission to put a **STOP** to any such behaviours.

One of our School Governors asked the School Council if there were bullying-type behaviours at Upshire. They said that sometimes there were but they were confident in knowing how to **STOP** these behaviours escalating to BULLYING.

"The adults can deal with it and you can ask a friend to tell (if you don't feel able to)."

"First I try to figure it out myself. Then I may tell. If it's bullying-type behaviour I need to tell. We can tell Mrs Blackburn or Mrs Beardsmore."

"When it happened to me, I went to Mrs Blackburn and she sorted it right then. It does get sorted."

"When you do tell it gets solved."

What type of friendships are there?

Terrific friend - the friend you know well, play with them without the need to ask and you trust them.

Fair-weather friend - the friend who plays with you when they choose to; perhaps the friend they usually play with is not in school.

Marmite friend - this is the friend who you may play beautifully with, however you know it can go wrong sometimes!

Personality-clash - the child who you know you don't get along with and therefore should play with someone else!

General friend - this is another child in the school who you just join in with and know you will have fun.

At Upshire we teach the
3 TELLs; if used correctly it
DOES work!

- 1) **TELL** the person you don't like what they are doing
- 2) **TELL** the person to stop or you will speak to an adult
- 3) **TELL** an adult

Children need to say each stage assertively. The language will vary depending on the age of the child; adults can use it too!

TELL 1 *"STOP it I don't like you pulling my jumper."*

(at this point we would expect the child to stop, as they now know the behaviour is not acceptable, however if this continues . . .)

TELL 2 *"If you don't STOP, I'm going to TELL"*

(again we would expect the child to stop, having been given a reminder, however . . .)

TELL 3 *"Ok, now I'm telling!"*

(child will speak to an adult, NOW, who will support.)

How do we educate the children at Upshire Primary to prevent and minimise bullying-type behaviours?

Children are taught

- * the difference between right and wrong
- * and encouraged to share and to be inclusive
- * to solve problems, possibly with an adult's support, and to put things right
- * to treat others how they would like to be treated and to understand how their actions may make others feel
- * how to use the 3 **TELLs**, if someone is making them feel unhappy
- * how to be assertive when dealing with friendship issues
- * **NOT TO STAY SILENT**



Upshire Primary
Foundation School



"Bullying-type behaviours are not accepted at our school. We know how to put a STOP to it, do you?"

Ambassadors and
School Council 2015