

# Bullying

"What is bullying?"

Bullying is something that can hurt you on the inside or on the outside. It hurts you on the outside if someone is hitting you and hurting you physically.

It hurts you on the inside if someone is calling you names, or hurting your feelings.

Bullying is done on purpose. It is not an accident. If someone hurts you during a game by accident, that is not bullying, but if every time you played a game they hurt you, or your feelings, that would be bullying.

Bullying can aim to hurt a group of people or just one person. It can be done by a group or just one person. Bullying happens more than once. The bully or bullies do it over and over again and they can take away your self-esteem and self-confidence (which makes you feel bad about yourself).

Bullying can happen to a child or young person, or it can happen to an adult at work, it can even happen to an elderly person in the community.

Nobody deserves to be bullied.

**Tell an adult that you trust if you (or someone you know) is being bullied.**



**STAND UP • SPEAK OUT**

**People in school you can talk to:**

A prefect  
A teacher  
Your Form Tutor  
School Nurse  
Boarding Staff  
Admin Staff  
Deputy Head  
Headmistress  
Headmaster  
Mrs Harper  
Mr Raeburn-Ward

Anyone you trust

**Children can also call Childline, which is a free service for children and young people if they're feeling sad, worried, upset, lonely or angry.**

**The number is 0800 1111.**



# Safeguarding

at

**Brockhurst & Marlston House**

**"What's it all about?"**

The information in this leaflet is all about keeping you safe.



We recommend that you read this with your parents.

# "What is it for?"

This leaflet is to help you decide what could be a 'problem', when to get help and who to talk to.



Is someone bullying you?

Is someone saying odd things to you?

Has someone said something to you or have you heard something that you do not like or makes you upset?



Is someone touching you?

Has someone made you feel uncomfortable about how or where they have touched you?

Has someone hit, punched or hurt you in anyway?

# E-Safety

Has anyone sent you unkind text messages or threatened you online?

Have you seen something online that has upset or worried you?



Has someone that you met online asked you to do anything that made you feel uncomfortable or unsafe?

