

anti- bullying guidance



LONDON BOROUGH OF
RICHMOND UPON THAMES

In Richmond upon Thames we believe that all children have a right to be in school without being frightened that they may be bullied.

How can bullying happen?

Bullying can happen in lots of ways:

- Saying something nasty about you, your family or your friends
- Hurting you by pushing, prodding or punching
- Using the mobile phone or computer to leave nasty messages
- Ignoring you and not letting you join in games
- Breaking or spoiling your things

I was bullied by boys in Year 2 about loving someone. I felt bad and it was hard to tell anyone until my mum noticed I was sad so I told her. It stopped in Year 3.
Primary student



How can bullying make you feel?

Bullying can make you feel upset, angry and lonely. If you are being bullied you might feel frightened and unsafe and not want to go to school.

What will we do to help you?

We have sent information to your school so that your school knows what to do if bullying happens and we will help your school to stop bullying.

We have listened to what you have told us and we believe that bullying is wrong.



What can you do?

Tell someone!

If you are being bullied or if you see bullying happening or if you know that someone is being bullied... **tell someone!**

Who can you tell?

- You can tell your teacher or someone else in school
- You can tell someone in your family
- You can tell a friend

I have been bullied,
it was scary. I told the
teacher, it was in Year 1. Now
I am in Year 5.
Primary student



If you would like to let someone from the local authority know, you can email:

antibullying@richmond.gov.uk

If you need to talk to someone else, you

can phone **ChildLine** on

0800 1111.

We also have a website that you can look at to find out about lots of groups that will help you and teach you more about what you can do.

The website address is

www.antibullying.richmond.lgfl.net



Bullying - A Charter for Action

Encourage your school to sign up to the anti-bullying charter.

More details can be found on our anti-bullying website

www.antibullying.richmond.lgfl.net



If you have difficulty understanding this publication, please visit reception at the address below where we can arrange a telephone interpreting service.

Please contact us if you need this in Braille, large print, audio tape or another language. Phone 020 8891 7500 or Minicom 020 8891 7539.

Arabic	إذا كانت لديك صعوبة في فهم هذا المنشور، فنرجو زيارة الإستقبال في العنوان المعطى أدناه حيث بإمكاننا أن نرتب لخدمة ترجمة شفوية هاتفية.
Farsi	اگر در فهمیدن این نشریه مشکلی دارید لطفاً به میز پذیرش در آدرس قید شده در زیر مراجعه نمایید تا ترتیب ترجمه تلفنی برایتان فراهم آورده شود:
Punjabi	ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਪਰਚੇ ਨੂੰ ਸਮਝਣ ਵਿਚ ਮੁਸ਼ਕਲ ਪੇਸ਼ ਆਉਂਦੀ ਹੈ ਤਾਂ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਪਤੇ ਉੱਪਰ ਰਿਸੈਪਸ਼ਨ 'ਤੇ ਆਓ ਜਿੱਥੇ ਅਸੀਂ ਟੈਲੀਫੋਨ ਤੇ ਗੱਲਬਾਤ ਕਰਨ ਲਈ ਇੰਟਰਪ੍ਰਿਟਰ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਸਕਦੇ ਹਾਂ।

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