

Beating Bullying at Burton Borough

If you feel you are being bullied:-

- keep calm, stand up straight and slowly walk away / ask to change seats / close your computer down / turn your mobile off;
- be polite, firm and assertive. Do not whine or be aggressive;
- always tell someone about the problem. You can tell your Form Tutor, SSM, Head of House, Helpdesk, teacher, parents or one of the Anti- Bullying Ambassadors.
- you can report the bullying by sending an email to speakout.bbs@taw.org.uk this goes directly to Miss Brown's email address or by putting a note into the Anti-Bullying Box;

Give bullying the red card

If you see someone being bullied:-

- move to sit or stand next to them. Ask others to join you;
- together, move away from the bullying;
- go with the person being bullied and report the problem.

You are probably bullying if you are:-

- saying or doing anything that you hope will hurt somebody else;
- saying or doing something you know feels wrong, and wouldn't want an adult to know about;
- part of a group that is joining together (online or in real life) "against" somebody.