

## ANTI-BULLYING FAQ'S

- ❖ *What is bullying and what are the different types?*
  - We call it bullying when an individual or a group of people are deliberately and repeatedly hurting or frightening someone weaker than themselves for no good reason.
  - This may be done in different ways: by hurtful teasing, threatening actions or gestures , name calling or hitting.
  - Types of bullying include physical , mental , emotion and Cyberbullying (via internet Facebook , MSN , forums or via mobile phones)
  
- ❖ *How can I contact one of the Anti-Bullying Peer Mentors?*
  - You could post your message in the anxiety box
  - You can simply approach one of us
  - Via this website by filling out a form on the 'contact us page'
  
- ❖ *What is the anxiety box?*
  - Go to the library, there you will find a wooden box where you can post questions anonymously/not and we will write up our responses on the board above the box ASAP.
  
- ❖ *What should I do if I am being bullied?*
  - Visit the tackling bullying diagram or see the bullying charter at the back of your diary.
  
- ❖ *What should I do if I am too scared to tell anyone that I am being bullied?*
  - There is nothing to be afraid of.
  - Tell someone you trust or contact us in confidence.
  
- ❖ *How can I stand up to the bullies?*
  - See assertiveness techniques for excellent tips!

- ❖ *What can I do if I know someone who is being bullied?*
  - There are a number of people who you can talk to about this issue e.g. us , teachers , the victim and bully/ies.
  
- ❖ *Are there any useful websites where I can get more information about bullying?*
  - Check out the links on this website where you will find lots of other helpful advice.
  
- ❖ *What would my teacher do if I told them who is bullying me?*
  - The teacher would tell the Head of Year who consistently acts with the Anti-Bullying policy.
  - A point to stress is that your H.O.Y will ask you what action YOU would like to take. Nothing will happen without your consent.
  
- ❖ *What can I do to discourage bullying in L.G.S?*
  - By – standers are condoning bullying so it is extremely important to tell someone if you see it happening.
  - This can also be done anonymously.
  
- ❖ *Why am I being bullied? What did I do to deserve this?*
  - Research has indicated the some people are more likely to be bullied than others.
  - Typically victims suffer from anxiety and low self-esteem. They will also tend to be quiet and will often burst into tears.
  - Boy victims also tend to be physically weaker than their male peers.
  - However , these characteristics may also be the result of bullying.
  - You may not fit into any of these characteristics , its often different for every case of bullying.
  - One of the other reasons could be simply due to the fact that you were in the wrong place at the wrong time.
  - You need to be more assertive – visit this page for more advice.
  
- ❖ *I am bullying someone but I want to stop, how can you help me?*
  - Talk to us , you need as much advice as the victim.
  - You can also talk to the school councillor (Ms Power) in confidence.
  - For more information , please see the page: 'Why do people bully?'