

What bullying is - and what it isn't

Clear language helps us know what happened and what help is needed.

1

Bullying may involve

- Harmful behaviour that is repeated or could be repeated
- A pupil or group being targeted
- A power difference that makes it hard to stop
- Behaviour that continues across school or online spaces

2

Other situations still need help

- A disagreement or argument
- A friendship fallout
- A one-off unkind action
- Something upsetting that we are not sure how to label

You do not have to choose the perfect label.

If something hurts, worries or frightens you, tell a trusted adult.

Need help? Start here.

You do not need perfect words before you speak to an adult.

1

Something keeps happening and I need help.

2

I am worried about someone else.

3

I am not sure if this is bullying, but it is upsetting me.

At our school, I can speak to:

If the first conversation does not help, keep asking.



Safe upstander choices

You can help without confronting someone or putting yourself at risk.

1**Do not join in**

Step away from laughter, teasing or exclusion.

2**Do not share**

Do not forward harmful posts, messages or images.

3**Check in privately**

Ask if the pupil is okay when it feels safe.

4**Invite someone in**

Offer a place in an activity without making a scene.

5**Keep evidence private**

Show a trusted adult instead of circulating it.

6**Get adult help**

Tell someone who can listen, record and act.

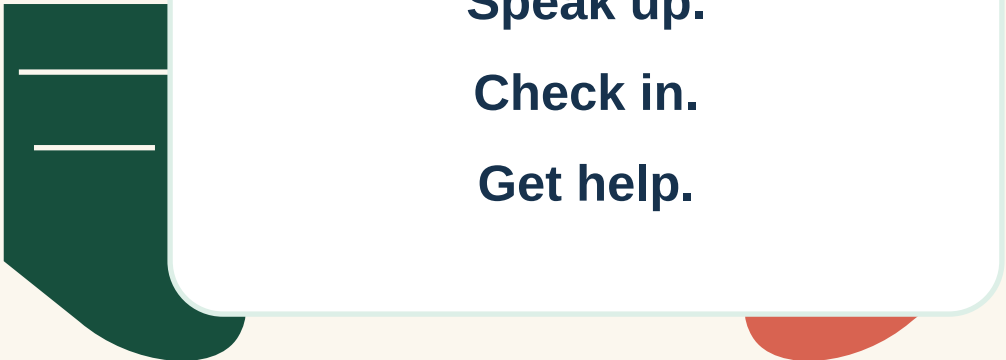
You do not have to solve it alone.

A trusted adult can help decide what happens next.

ANTI-BULLYING WEEK 2026

Break the Silence

16-20 NOVEMBER 2026



**Speak up.
Check in.
Get help.**

Odd Socks Day: Monday 16 November

Celebrate difference, practise kind choices and remember the school help route.

If something is not right, tell a trusted adult.