

TOP TIPS

- DO NOT BLAME YOURSELF – It is not your fault if you are being ABUSED
- Don't try to deal with the problem ON YOUR OWN – there is nothing wrong with asking for help.
- Don't HIT the people who are bullying you – You might end up being accused of bullying yourself.
- Don't exaggerate – Always tell the TRUTH about what has happened. If a small part of what you are saying is shown to be untrue then everything else will be in doubt.
- Don't HIDE what is happening from the adults you trust – keeping things secret is the bullies' biggest weapon, which is why they go to so much trouble to stop you telling.

Keeping Safe

@Larks Hill



As a pupil at Larks Hill, all adults at the school want you to do the best you can and reach your full potential. For this to happen you need to feel safe, protected, happy and valued.

What is abuse?

Nobody has the right to hurt other people by hitting them, kicking them, calling them names, sending them threatening text messages, spreading rumours about them or by doing anything else which is intended to be upsetting (such as being touched in a way that you don't like or not being looked after properly). This is called ABUSE.

BULLYING IS ABUSE!

What can I do to stop abuse?

Adults and children can abuse. Abuse is wrong whatever the age of the person who is doing it. If an adult or another child is doing something to you or trying to make you do something which you do not like then you must TELL SOMEONE.

If you are worried about something or if you are worried about a friend at school you can talk to your parents. If you are worried or upset about something that has happened at home you can talk to ANY adult in school that you can trust or you might even tell a friend. DO not keep it a secret. The only way to stop abuse is to talk openly about it.

School will act to stop abuse but we need to know it is happening. Sometimes school may need to inform other adults of your concerns even if you don't want anyone else to know. School cannot keep what you tell us a secret if it means that you could be unsafe.

People who abuse others try to justify their actions by saying that it is the other persons fault, or that they are different. They may pick on someone who is tall or small or fat or thin or wears glasses, has a different accent or skin colour or another religion or is shy or clever or good looking or disabled or... Any excuse will do and if there is no real difference then they will invent one!