



**The Manchester Academy
Guide to Anti-Bullying Advice for Pupils**

2017 – 2018

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Bullying affects everybody not just the bullies and the victims. If you see or hear of bullying taking place you need to know how to deal with it so that you don't become part of it. At Manchester Academy we believe that no-one should have to accept this type of behaviour.

People can be bullied in lots of different ways and it's important to understand each case individually but some common types of bullying are:

- **Emotional** – excluding people, being unfriendly.
- **Physical** – pushing, hitting kicking or any other form of physical violence.
- **Verbal** – name calling, teasing, spreading rumours.
- **Racist** – racial comments, graffiti, gestures.
- **Sexual** – abusive comments, unwanted physical contact.
- **Homophobic** – comments or behaviour focusing on someone's sexuality.
- **Cyber** – threatening or abusing someone using email, texts, calls, cameras, videos, social networks or instant messaging.



What to do if you are being bullied

Don't suffer in silence!

- Remember no-one deserves to be bullied. That means you too!
- Be proud of who are. It's good to be you-an individual.
- Try not to get upset in front of bullies. This is what they want.
- If possible stay with your friends and look after each other.
- Stand up for yourself. Tell bullies to 'STOP' walk away and tell an adult.
- Always tell an adult what is happening and how you feel.
- Telling will never make things worse. Staff at our school will make sure that bullying stops.

What to do if you know someone is being bullied

Don't watch them suffer in silence!

- Don't watch bullying and do nothing because it can look like you are on the side of the bully which makes the victim feel very lonely.
- **Always** tell an adult. Staff at our school have ways of dealing with bullying without getting you in to trouble.
- Don't be friends with a bully.



Don't Stay Silent, Tell, Tell, Tell!

If you are the victim of bullying you should always tell someone. You can choose to tell any adult at school who you trust and they will help the bullying to end.

- Put a note in our anonymous anti bullying boxes and your Year Director or PSW will get in touch with you. **(From September)**
- Send an email to your Year Director or PSW by clicking on your year group on the school website. **(From September)**
- Go to see your Year Director in their office and talk to them face to face.
- Tell your Form Tutor.
- Tell any member of staff in school who you are comfortable with. This can be teachers, canteen staff, support staff, the school counsellor or nurse, office staff or anyone you feel could help you.
- Tell someone at home who can phone school and talk to your form teacher or Year Director on your behalf.

All staff in our school will deal with your report in the same way. They will support you and follow our school's Anti-Bullying Policy to make sure you are safe and the bullying stops.

- (Click [here](#) to read the full Manchester Academy Anti-Bullying Policy)



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