

■ What is our aim?

As stated in our philosophy and objectives document, we are committed to providing a caring, supportive, friendly and safe environment for all pupils so that you can learn in a relaxed and secure atmosphere. Bullying of any kind is always unacceptable and will not be tolerated at the British School of Paris. If bullying does occur, we would like you to tell us, safe in the knowledge that it will be dealt with promptly and effectively. Bullying is not a spectator sport. It is our policy to encourage an atmosphere where **anyone who knows that bullying is happening will talk to a member of staff.**

■ What is bullying?

Bullying:

is deliberately aggressive
happens in an unequal power relationship
results in pain and distress

Bullying can be defined as the repeated intimidation of a pupil, intentionally carried out by a more powerful pupil or group of pupils in order to cause physical and/or emotional hurt.

■ What do we believe?

Bullying hurts.

Bullying is wrong.

Bullying won't be tolerated.

Everyone has the right to go home happy.

■ What to do if you know that someone else is being bullied

You should tell someone. Talk to someone you can trust (see the list below).

■ What to do if you're being bullied

- You should tell someone. This can be hard if you're frightened, but the bullying may not stop if you don't tell someone. Talk to someone you can trust:
 - a friend
 - a senior pupil or prefect
 - a parent or other relative
 - the School nurse
 - your Tutor or other teacher
 - your Head of Year, the Head of Key Stage, the Pastoral Deputy Head or the Headmaster
- Ask for help - don't try to deal with the problem on your own.
- Resist the temptation to hit back - you could also end up being accused of bullying.
- Tell the truth and don't exaggerate - if a small part of what you say is found to be untrue, everything else will be doubted too.
- Stay calm and believe in yourself

**Don't try to stop your parents from telling the School.
Bullying is not a normal part of school life.**

■ What to do if you think you're a bully

A lot of people don't realise that what they say or do is upsetting someone else. If you think you might be a bully, you should talk to someone. You know that bullying is wrong. Talk to someone you can trust (see the list above). They will give you support and help you to stop.

It is the duty of everyone who is aware of bullying to act to stop it.