

## NURSTEED VALUES

### Kindness

To ourselves  
To others  
To the world

### Teamwork

Co-operation  
Respect  
Good Communication

### Determination

Trying our best  
Perseverance - keep  
going when learning is tough  
Resilience - managing our  
feelings when learning gets hard

### Thrive

Academically  
Physically  
Emotionally  
Spiritually



It is the right of every child to work, play and learn in an environment that is free from abuse and bullying.

At Nursteed we value diversity and encourage tolerance towards one another.

This leaflet aims to help children and adults understand what child on child abuse and bullying are, how to recognise them and what to do to stop them.

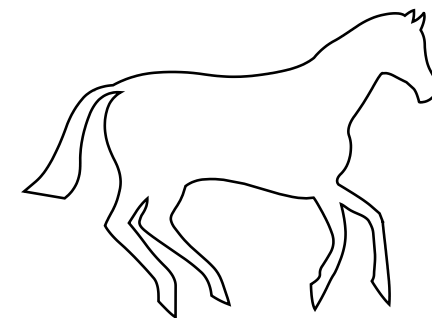
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# Nursteed Community Primary School

ANTI ABUSE AND BULLYING  
LEAFLET

FOR CHILDREN

AND PARENTS



## WHAT IS CHILD ON CHILD ABUSE?

This is when one child abuses another. Abuse is something which usually physically or emotionally hurts a child. One form of abuse is Bullying.

## WHAT IS BULLYING BEHAVIOUR?

There are four things we use to describe bullying:

- Hurtful (it hurts physically or a person's feelings).
- Repeated over time.
- Involves an imbalance of power - making those being bullied feel powerless to defend themselves.
- Deliberate - done on purpose.

Bullying is not someone being mean or rude just once, but you can still tell an adult about this.

## WHAT SHOULD YOU DO IF YOU THINK YOU ARE BEING BULLIED?

You may be able to speak to the person you think is bullying you.

Use the **A,B,C** procedure:

**A** - Please stop.....

**B** - It makes me feel ..... when you .....

**C** - If you carry on I will tell someone.

If you think you are being bullied or you think someone else is being bullied you should tell a trusted adult at school or home, or even your friend who can tell an adult for you.

Remember - being bullied is not your fault.

## WHAT TYPES OF BULLYING ARE THERE?

- Emotional: being threatening, excluding, tormenting.
- Verbal: name calling, teasing, mimicking, spreading rumours.
- Physical: pushing, hitting, kicking, or any use of violence.
- Extortion: demanding things off people with threats.
- Cyber Bullying: saying unkind things via text, social media or the internet.
- Racist - racial taunts, gestures.
- Sexual - unwanted physical contact, sexually abusive comments
- Sexist abuse - when someone abuses or bullies someone because of their gender - girl or boy or non binary
- Homophobic or bi-phobic - because of sexuality or perceived sexuality
- Transphobic - because of gender identity or perceived gender identity.