

So What Is Bullying?

What is the difference between bullying and normal conflict between peers? Conflict is a normal part of most relationships because people have different perspectives and priorities.

Most upsetting behaviour between people is NOT bullying. People can also be hurtful to each other because of thoughtlessness, annoyance, poor boundaries, and experimenting with negative uses of their power without realising the impact.

So, bullying isn't:

- single episodes of social rejection or dislike
- single episode acts of nastiness or spite
- random acts of aggression or intimidation
- mutual arguments, disagreements or fights

Including:

- physical assault, including being pushed or pulled about, being hit or kicked
- teasing or being put down
- having threats made against you or being intimidated
- humiliation
- having money and other possessions taken or messed about with
- having rumours spread about you
- name calling
- cyberbullying - bullying via mobile phone or online (e.g. email, social networks and instant messenger)

In isolation or as individual separate event, these actions are not regarded as bullying, although they are inappropriate and will be dealt with seriously by the school. These actions can cause great distress. However, they're not examples of bullying unless someone is **deliberately** and **repeatedly** doing them to you. **They are not regarded as bullying unless they are aggressive and recurring.**

Falling out with friends is very common in school, particularly in Key Stage 3, as new friendship groups are being formed, changed and re-formed. Tears, anger and tantrums are normal, but often the situation will sort itself out without adult intervention. If it becomes clear that your child is severely unhappy, or you have concerns, let your child's Form Tutor or Key Stage manager know straight away.

So what is bullying?

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group.

- **Repeated, sustained or continual**
- **It is intended to hurt someone either physically or emotionally**

Often bullying can be aimed at an individual's particular characteristics and inferring that they have negative connotations, this can include race, religion, gender or sexual orientation.