

What is Bullying?

There is no legal definition of bullying however, the Welsh Government's latest guidance published in November 2019 uses this definition as a foundation.

'Bullying is behaviour by an individual or group, usually repeated over time that intentionally hurts others either physically or emotionally.'

Bullying is expressed through a range of hurtful behaviours: it can happen face to face or in the digital environment. It can be carried out by an individual or group but is generally executed in front of an audience to assert power or popularity. It may involve an element of secrecy so that adults are not aware of it.

Many people think they know what is meant by 'bullying' but one person's idea might be different from someone else's view.

In the Welsh Government guidance 2019, bullying is defined as a behaviour that:

- happens on purpose
- happens more than once
- is meant to hurt or upset someone
- the targeted person feels powerless to stop

What is not bullying?

The following examples are cases which would not normally be considered bullying:

- a fight that happens once
- banter between you and your friends that goes wrong, but is not repeated
- an argument between you and someone else of equal power, such as with your friend
- a friendship problem. One person does not want to be friends any more

We are continuing with our campaign to make bullying everyone's business. We believe everyone should be empowered to address bullying. The school operates a range of preventative strategies including a comprehensive PSE programme and our award winning Peer Mentor scheme.

Please click into the links below to access further information.

Description	Link
Anti – Bullying Assemblies delivered by RHS Peer Mentors	Click here to access PowerPoints Assembly 1 Assembly 2 Assembly 3
Rights, Respect, Equality - Guidance to help parents and carers deal with bullying	Access information
Rights, Respect, Equality - support children to understand their rights and responsibilities in dealing with bullying	Access information
Bullies Out Anti-bullying charity based in Wales that works with individuals, schools, colleges, youth and community settings.	https://bulliesout.com/
Anti-Bullying Alliance – Information for schools, parents/carers and children and young people on all aspects of bullying	www.anti-bullyingalliance.org.uk
Kidscape	www.kidscape.org.uk

– Anti-bullying charity that runs workshops for children and young people who have been bullied	
The Diana Award – Trains young anti-bullying ambassadors to help others.	www.antibullyingpro.com/