

Easy Read



Llywodraeth Cymru
Welsh Government

How schools should deal with bullying

A guide for schools

We want to know what children and young people think



May 2025

About this document



This is an easy read document. You may still need support to read it. Ask someone you know to help you.



Llywodraeth Cymru
Welsh Government

This document was written by the **Welsh Government**.



It is an easy read version of '**Challenging Bullying, Rights, Respect, Equality Guidance**'. For more information contact:

Website: www.gov.wales/rights-respect-equality-anti-bullying-guidance

Email: rightsrespectequalityguidanceconsultation@gov.wales



Hawdd ei Ddeall Cymru
Easy Read Wales

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Bullying in schools



Education is really important.



The UNCRC (United Nations Convention on the Rights of the Child) says you have the right to:

- be protected from harm
- have an education



You should be free to learn without feeling scared or worried.



Bullying can stop that.



Bullying is when 1 person or a group of people treats someone else in a bad way. Bullying can be things like:

- saying nasty things to you or about you
- being ignored or left out
- being hit, kicked or pushed
- telling lies about you



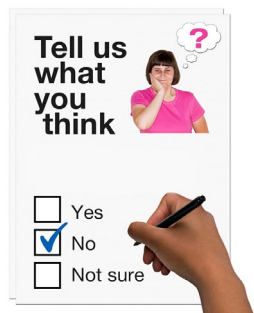
No one should be **bullied**. It can make people feel hurt, unsafe and alone.



This guide tells schools what they need to do about bullying.



We want to know what you think about this guide.



Please answer the questions on page 19.



If you want to know how we keep your answers and information safe, please read our easy read guide: www.gov.wales/rights-respect-equality-anti-bullying-guidance



Types of bullying

There are lots of different types of **bullying**.



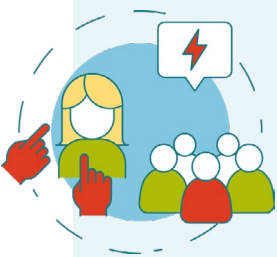
Physical – hitting, kicking, pushing, damaging someone's things



Verbal – calling someone names, teasing, threatening



Emotional – spreading rumours, talking about people, ignoring them



Relationship – messing with people's friendships or how others see them



Sexual – touching without consent, sexual suggestions or jokes



Online bullying (also called **cyber bullying**) – posting hurtful things online, sending nasty messages, sharing images



Prejudice-related bullying – this means targeting someone or a group because of a difference. For example, because of:

- race, religion, beliefs, traditions or family background
- additional learning needs or disability
- the way you look and act and gender identity – this means your feelings about being male, female or non-binary
- who you are attracted to, for example, girls, boys or both
- sexism – being treated unfairly because you are a girl or a boy

Not everything is bullying



When someone hurts or upsets other people, it's called bad behaviour.



If someone keeps doing this on purpose, it's **bullying**.



If you need to talk to someone about bullying, there is a helpline called **Meic**.

Phone: 08088 023 456

Open from 8am to midnight.



Website: www.meiccymru.org

Dealing with bullying



Schools must keep children and young people safe. They should do things like:



- have rules about how to deal with **bullying**



- make sure children and young people feel safe



- speak to parents and carers



- work with other organisations to find support for children and young people



- support children and young people to stay safe online



- record and report online **bullying**



- report serious issues of **bullying** to the **safeguarding team** or police. The **safeguarding team** is a special team within social services. Their main job is to keep people safe from harm



- deal with **bullying** towards disabled children and young people



- deal with all types of **bullying**

Other responsibilities of schools

Schools should:



- have goals and plans about dealing with **bullying**



- make sure teachers know what to do



- listen to children and young people, parents, carers, and others



- help people understand what **bullying** is



- keep improving how they deal with **bullying**



- get involved in **bullying** that happens outside of school too



- tell children and young people how to behave



Reporting bullying

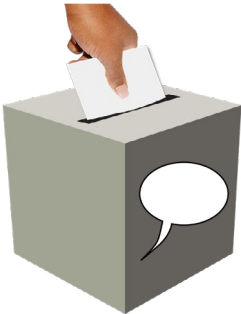
To help children and young people report **bullying**, schools should have:



- trained staff children and young people can turn to



- private places to talk



- feedback boxes



Supporting everyone

Schools should:



- support anyone affected by **bullying**, including those who saw it



- have safe spaces to talk about **bullying**



- tell children and young people to keep info about the **bullying**



Schools should have different ways to support children and young people with **bullying**. Like:



- **Mediation** – this is when people get together and talk about what needs to happen

- **Restorative approaches** – this means working with the bully and helping them to put things right



- **Building resilience** – this means helping children and young people cope with issues and recover

- **Peer support** – this means children and young people supporting each other



- **School sanctions** – this means rules or punishments to stop bullying



Children and young people should be involved in making decisions about what they want to happen.



Schools should work with children and young people, parents and carers to find the best ways to move forward.



Schools should try and find out why a bully is **bullying**.



They should understand the causes, and support the bully to change.

Keeping checks



Schools should keep records of **bullying**. And make sure there are ways to report it.



If a child or young person, parent or carer feels a teacher is not doing enough to help, they should tell another teacher, or the headteacher.



If they feel the school is not doing enough, they can complain to the school governors.



Schools will also have **counsellors** who can help. These are people who are trained to listen to children and young people. They help them work through issues.

Questions



1. Do you know about your school's anti-bullying plan?

Yes

No



Comments:



2. Do you know who you can talk to if you are worried about **bullying?**

Yes

No



Comments:



3. If someone is being unkind or bullying you or a friend, do you feel okay telling an adult you trust?

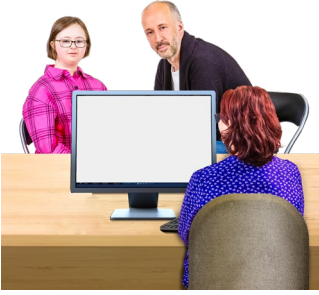
Yes

No

Don't know



Comments:



4. If you said yes to question 3, do you think the trusted adult will deal with the **bullying** properly?

Yes

No

Don't know



Comments:



5. Does this guide explain how you can get help if you are being **bullied**?

Yes

No

Don't know



Comments:



6. Is this guide easy to understand?

Yes

No

Don't know



Comments:



7. Does this guide include everyone?

Yes

No

Don't know



Comments:



Please send us your answers by Thursday 31 July 2025.



You can email your answers to:
rightsrespectequalityguidanceconsultation@gov.wales



Or print and post your answers to:

Wellbeing and Safeguarding
The Education Directorate
Welsh Government
Cathays Park
Cardiff
CF10 3NQ



Helplines and more information

Anti-bullying charities

Bullies Out

Anti-bullying charity based in Wales. Their e-mentors offer online support

bulliesout.com

mentorsonline@bulliesout.com

Anti-Bullying Alliance

Information for children, young people, parents, carers and schools

anti-bullyingalliance.org.uk

Kidscape

Anti-bullying charity

kidscape.org.uk

The Diana Award

Young ambassadors trained to help others

antibullyingpro.com

Helplines and advice

Samaritans

A safe place for you to talk anytime, free

116 123

Welsh language line: 0808 164 0123

[samaritans.org](https://www.samaritans.org)

RETHINK

Advice and information for people with mental health issues

0300 500 0927

rethink.org/help

MENCAP Cymru

Helpline Mon to Fri, 9am to 5pm

0808 8000 300

wales.mencap.org.uk

Childline

Childline offers advice

0800 1111

childline.org.uk

Kooth

Counselling service

kooth.com

CALL

Community advice and listening line

callhelpline.org.uk

Parents and carers

Family Lives

Parents' and carers' forums confidential helpline
0808 800 2222

ParentZone

Support and advice for parents or carers
parentzone.org.uk

Young Minds

Young people's mental health parents' helpline
0808 802 5544
youngminds.org.uk

Online issues

Internet Matters

Advice on online issues for children, young people and their families
internetmatters.org.uk

Childnet

All aspects of online safety
childnet.com

Hwb

Resources and links to keep you safe online
hwb.gov.wales/zones/online-safety

Advice and support networks

Internet Watch Foundation

To report illegal images of children

iwf.org.uk

Victim Support

Report hate crime in Wales

reporthe.victimsupport.org.uk

Child Exploitation and Online Protection Centre (CEOP)

If child sexual abuse or exploitation is suspected.

ceop.police.uk

NSPCC

If you or another young person is in immediate danger, don't delay, call 999 or call us

0808 800 5000

nspcc.org.uk

Mental Health Matters Wales

mhmwales.org.uk

Heads Above the Waves

Support for young people experiencing depression or self-harm

hatw.co.uk/straight-up-advice