

Bullying – Holly's Diary

Holly is 11 years old and has just moved schools. She used to live in Birmingham but has moved to Leeds because her mum has got a new job.

Here is a diary entry written by Holly. The diary describes what is happening for her; she is being bullied by others in her new class.

Read the diary entry through and then answer the questions below.

Today is the worst day of the week. It's Monday!

I hate Mondays. I used to love going to school when all my friends were there. I have known my friends since we started school together. I am now in Year 6 and nearly ready to go to secondary school. I will be moving with most of the people in my class.

When I started this school, the girls all knew each other. They have grown up together and are best friends. I don't seem to fit in. My mum told me to join the netball and football team as it would help me make friends. I am good at sport and was the captain of my netball team at my last school. Indie is the captain here. She specifically told me that I shouldn't be on the team and should tell the teacher I don't want to play! I really want to play though and Sammy is on the team. Sammy is kind to me and tries to invite me to her house as much as she can.

Indie found out and told Sammy that if she invited me again, she would stop the girls talking to her.

Indie has started hiding my things. First, it was my pencil case then my coat and shoes. I found my coat in the bin outside. She was watching me so I didn't tell the teacher. When I walk into school, she takes my bag off me and starts throwing it around saying, 'Look someone has lost their bag!'

I try not to show that she is upsetting me but I find it really hard.

I miss my old school and my old friends. I contact them sometimes but it is hard to stay in touch and this makes me upset.

Indie always nudges and pushes me when I walk past. She makes fun of the way I talk so I tend to keep quiet. I started talking to Daniel because

we play football together sometimes, although Indie got all the girls to start making fun of him saying that he loved me and wanted to kiss me! He got really embarrassed and told me to stay away.

Each time I try to get close to someone, she gets rid of them. I don't want to go to the same secondary school as her but I will have to. I am going to have to get the bus with her every day and I just don't know if I can manage it.

I don't know what to say to her today when she asks me what my phone number is. I don't want her to have it but it's only a matter of time before she gets it.

Please answer the following questions:

What type of bullying do you think this is? (You can circle more than one).

physical emotional cyber mental

What do you think Holly feels like before she goes to school?

Why do you think Indie is behaving like this towards Holly?

Do you think Indie knows that she is bullying Holly?

Do you think Indie might have bullied other people?

What advice would you give Holly to help with the bullying? Please include:

Who might she tell?

What could she do?

What should she not do?

What would make her feel better?

What can Holly do to cope with the bullying when she is not at school?

Do you think anyone else who knows about the bullying should say something to an adult?

Please explain your answer.



Do you think Holly should tell her parents/carers what is happening at school? Please explain your answer.

Now you have completed the above, answer the following questions. Be as honest as you can so the adult you are with can support you.

In the box below please write about what is happening for you:

- Who is bullying you?
- What are they doing?
- How are they making you feel?
- Are they stopping you from doing the things you love?
- What have you tried to do so far?



A large, empty rectangular box with a pink border, intended for the student to write their answers to the questions above.

It can be very difficult to think about these things. You should feel proud of yourself for writing and talking about what is happening to you. Sharing information about the bullying will help you; it can enable you to regain some control that the bully has taken away from you.

You have helped Holly solve some of her problems, now can you think about ways you could help yourself? These questions have been chosen to help you think about what you can do and what others might be able to help you with.

What is the first thing you can do to make the situation better?



What do you think you can do or say to the bully to give you more control? E.g. 'I'm not going to do that. You can't make me do it and I'm choosing not to!'

Who could you ask to help you?

What is it they could do to help you?

When is the right time to tell an adult about the bullying?

Do you think you would have the confidence to ask the bully why they are acting the way they are?

Can you think of a reason why they might be bullying you?

What would the situation look like, feel like and sound like when the bullying has stopped?

What is the next thing you are going to do to take control of the situation? When are you going to do this?

