Bullying damages children and young people's physical and emotional wellbeing, including their self-confidence and ability to build and sustain relationships. It undermines their ability to learn and can impact on their chances of achieving their full potential at school and later in life. A significant number of children and young people who have experienced being bullied at school, also report experiencing mental health issues including anxiety, depression, self harm and suicidal ideation as a result. For more information and support on mental health issues go to Keep-your-head (http://www.keep-your-head.com/CP-MHS).

In Cambridgeshire, we believe that Schools have an important part to play in preventing and reducing incidents of bullying and a responsibility to respond to bullying whether it’s in the school, the community or online. Research has shown that the context of the whole school approach which includes creating safe environments in which children and young people can live, grow, play and learn is key to the successful implantation of anti-bullying work in schools.

**Definition of Bullying**

Bullying is a subjective experience that can take many forms. The Cambridgeshire Anti-Bullying Steering Group recognises bullying as:

‘behaviour by an individual of group, often repeated over time, that intentionally harms another individual or group either physically or emotionally. It involves an imbalance of power, which makes it hard for those being bullied to defend themselves’.