

## Anti – bullying procedures

### Statement of intent

We are committed to providing a happy, caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. We try to ensure that children know they can, and are expected to, express their feelings, with the knowledge that we will listen without prejudice. Bullying of any kind is unacceptable at our school. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and efficiently.

### Types of Bullying

Bullying can take many forms but it usually includes the following four types of behaviour:

**Physical** – hitting, kicking, pinching, punching, scratching, spitting or any other form of physical attack. Damage to or taking someone else's belongings may also constitute as physical bullying.

**Verbal** – Name-calling, insulting, making racist, sexist or homophobic jokes, remarks or teasing, using sexually suggestive or abusive language, offensive remarks. This is the most common form of bullying

**Indirect** – spreading nasty stories about someone, exclusion from social groups, being made the subject of malicious rumours

**Cyber** – any type of bullying that is carried out by electronic medium such as :

- Text message bullying
- Picture/video clip bullying via mobile phone cameras
- Phone call bullying via mobile phones
- E-mail bullying
- Chat-room bullying
- Bullying through Instant Messaging (IM) and Social Networking sites
- Bullying via websites

As well as these four main types of bullying there are other forms of bullying of certain targeted groups which need to be recognised. These include:

**Racist bullying** ~ physical, verbal, written, social exclusion, on-line or text abuse or ridicule based on differences of race, colour, ethnicity, nationality, culture or language.

**Faith-Based bullying** ~ physical, verbal, written, social exclusion, on-line or text abuse or ridicule based on differences of religion

**Sexual bullying** ~ bullying that has a specific sexual dimension or a sexual dynamic

**Sexist bullying** ~ bullying based on sexist attitudes that when expressed, demean, intimidate or harm another person because of their sex or gender.

**Transphobic bullying** ~ stems from a hatred or fear of people who are transgender. Transgender is an umbrella term that describes people whose sense of their gender or gender identity is seen as being different to typical gender norms.

**Homophobic bullying** ~ bullying motivated by prejudice against lesbian, gay or bisexual people LGB or those perceived to be LGB

**SEN/Disability bullying** ~ physical, verbal, written, social exclusion, on-line or text abuse or ridicule based on disability or learning difficulties

### How do we deal with bullying in our school?

As a school we take bullying seriously as such pupils and parents can be assured that they will be fully supported when bullying is reported.

If bullying is suspected we talk to the alleged victim, the suspected bully and any witnesses.

Actions taken could include:

- Offering an immediate opportunity to talk about the experience with their class teacher, or another adult if they choose
- Informing the victim's parents / carers
- Offering continuing support when they feel they need it
- Arranging for them to be escorted to and from the school premises, if required
- By taking disciplinary steps against the bully (as described below) to prevent more bullying

We also discipline, yet try to help the bullies using some or all of the following ways:

- By talking about what happened to discover why they became involved
- Informing the bully's parents / guardians
- By continuing to work with the bully for restorative justice and in order to get rid of prejudiced attitudes as far as possible
- By using exclusions:
  - in school withdrawal from class
  - lunch and break time
  - fixed term short
  - fixed term long
  - permanent

### Prevention

We will use a variety of methods for helping children to prevent bullying. These may include:

- Writing a set of school / classroom rules.
- Signing a behaviour contract.
- Writing stories or poems or drawing pictures about bullying.
- Reading stories about bullying or having them read to a class or assembly.
- Making up role plays.
- Having discussions about bullying and why it matters.
- Tackling bullying issues in circle time sessions.
- Participating in the Annual Anti-bullying week in November

### Helpful websites:

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.gov.uk/bullying-at-school/the-law](http://www.gov.uk/bullying-at-school/the-law)

[www.tootoot.co.uk](http://www.tootoot.co.uk)

**Please see additional information in the following appendices:**

## **APPENDIX 1**

### Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:


- Is frightened of walking to or from school.
- Changes their usual routine.
- Is unwilling to go to school
- Begins to truant.
- Becomes withdrawn, anxious, or lacking in confidence.
- Starts stammering.
- Attempts or threatens suicide or runs away.

- Cries themselves to sleep or has nightmares.
- Feels ill in the morning.
- Begins to do poorly in school work.
- Comes home with clothes or books damaged or torn.
- Has possessions which are damaged or “go missing”.
- Asks for money or starts stealing money.
- Has unexplained cuts or bruises.
- Becomes aggressive, disruptive or unreasonable.
- Is bullying other children or siblings.
- Stops eating.
- Is frightened to say what is wrong.
- Gives improbable excuses for any of the above.
- Is afraid to use the internet or mobile phone.
- Is nervous and jumpy when a cyber message is received.

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

## APPENDIX 2

### Children - What can you do if you are being bullied?

- ✓ Tell yourself that you do not deserve to be bullied, and that it is WRONG!
- ✓ Be proud of who you are. It is good to be individual.
- ✓ Try not to show that you are upset. It is hard but a bully thrives on someone’s fear.
- ✓ Stay with a group of friends. There is safety in numbers.
- ✓ Generally it is best to tell an adult you trust straight away. This can be a parent or a teacher.
- ✓ Use 

Teachers will take you seriously and will deal with bullies in a way which will end the bullying and will not make things worse for you.

REMEMBER THAT YOUR SILENCE IS THE BULLY’S GREATEST WEAPON! TELL SOMEONE!

If you know that someone is being bullied:

- ✓ TAKE ACTION! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.
- ✓ If you feel you cannot get involved, tell an adult IMMEDIATELY. Teachers have ways of dealing with the bully without getting you into trouble.
- ✓ Do not be, or pretend to be, friends with a bully.

## APPENDIX 3

### Parents – How can you help your child?

- Look for unusual behaviour in your children. For example, they may suddenly not wish to attend school, feel ill regularly or not complete work to their normal standard.
- Always take an active role in your child’s education. Enquire how their day has gone, who they have spent time with, how their lunchtime was spent etc.
- If you feel your child may be a victim of bullying, inform the school IMMEDIATELY. Your complaint will be taken seriously and appropriate action will follow.

- It is important that you advise your child not to fight back. It can make matters worse!
- Tell your child there is nothing wrong with them. It is not their fault they are being bullied.
- Make sure your child is fully aware of the school policy concerning bullying, and that they should not be afraid to ask for help.