

Woodmancote School

Anti Bullying Policy

Designated Member of Staff: G Tucker, working with Year 6 Prefects
Thanks to the charity **Kidscape**

Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. 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 effectively. We are a *TELLING* school. This means that *anyone* who knows that bullying is happening should be able to tell the staff.

What Is Bullying?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

Bullying can be:

- Emotional persistently being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures) and making them feel worthless
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic because of, or focussing on the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumours, teasing
- Cyber All areas of internet, such as email & internet chat room misuse
Mobile threats by text messaging & calls
Misuse of associated technology, i.e. camera & video facilities

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

Kids Who are Bullied

Kids who are bullied can experience negative physical, school, and mental health issues. Kids who are bullied are more likely to experience:

- Depression and anxiety, increased feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activities they used to enjoy. These issues may persist into adulthood.
- Health complaints

- Decreased academic achievement and school participation. They are more likely to miss, skip, or drop out of school.

Schools have a responsibility to respond promptly and effectively to issues of bullying.

Objectives of this Policy

- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
- All governors and teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.
- All pupils and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- As a school we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

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
- doesn't want to go on the school / public bus
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (to pay bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous & 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

Procedures

1. Report bullying incidents to staff
2. In cases of serious bullying, the incidents will be recorded by staff
3. In serious cases parents should be informed and will be asked to come in to a meeting to discuss the problem
4. If necessary and appropriate, police will be consulted
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
6. An attempt will be made to help the bully (bullies) change their behaviour, by attempting to understand why they behave in the way they do.

Outcomes

- 1) The bully (bullies) may be asked to genuinely apologise. Other consequences may take place.
- 2) In serious cases, suspension or even exclusion will be considered
- 3) If possible, the pupils will be reconciled
- 4) After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

Prevention

We will use KIDSCAPE methods for helping children to prevent bullying. As and when appropriate, these may include:

- writing a set of school 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 (or using KIDSCAPE role-plays)
- having discussions about bullying and why it matters

Advice from School Prefects (December 2013)

Bullying in the play grounds

1. Stay in a large group; that way you have a stronger force against the bully.
2. Tackle the situation by sticking up for yourself usually by saying 'stop bullying me'.
3. If the first two don't work or you feel this is serious tell the teacher and don't take no for an answer. If you're still not satisfied speak to the head teacher (Mr Tucker).

How to be safe outside of school

- If there is someone you don't know coming up to you walk away and pretend you haven't seen them.
- If you are new to a neighbourhood try to make new friends so you have someone to talk to other than adults.
- Make sure a child knows that they have the right to ask for help, and that they know who to ask for help in different situations, like a teacher or a nearby parent.

- Help a child to learn assertiveness skills, like learning to shout 'No!' and to display more confident body language.
- Act out some role plays with your child, so they can practise what to do when confronted with bullying.
- Encourage your child to hide their feelings from bullies - if your child can look calm, neutral or bored, they are less likely to be bullied.
- If you are going out (to the park or other public places) try and stay in a group, so you are not picked off by bullies.

Cyber Bullying

Parents:

- Tell your child not to respond or retaliate.
- Talk to your child about cyber bullying.
- Teach your child to behave online.
- Check the privacy settings on their online accounts.
- Remind them to keep personal information private e.g. address.
- Report and block abuse.
- Find out how your child's school deals with cyber bullying.

Child:

- Tell someone and report abuse.
- Prevent communication.
- Don't respond or retaliate.
- If your parents don't check your privacy settings, you check them.
- When playing games make sure you don't make friends with strangers.

Glossary

Emotional:	people's feelings inside.
Physical:	something in the way of touch or contact.
Racist:	to make fun of someone if they are different (e.g. different coloured skin, different religion or different culture).
Sexual:	whether you are a girl or a boy.
Homophobic:	afraid of differences.
Verbal:	spoken words.
Cyber:	the social internet (e.g. facebook, texts, email or twitter).
Bullying:	hurting someone purposely and making them feel low on a regular basis.
Incidents:	an event or action that has/is happening.
Consequences:	a punishment to encourage someone to stop.
Victim:	a person being hurt or insulted.
Retaliate:	backfire with words to make the other feel insulted (this makes situations worse).
Abuse:	to hurt someone with little strength in words or contact.
Apologise:	to say sorry and mean it.

Kidscape 2005

HELP ORGANISATIONS:

Advisory Centre for Education (ACE)
Children's Legal Centre
Childline

0808 800 5793
0845 345 4345
0800 1111
<http://www.childline.org.uk>

KIDSCAPE Parents Helpline (Mon-Fri, 10-4)
Parentline Plus
Youth Access
Bullying Online
Think uknow (CEOP website)

0845 1 205 204
0808 800 2222
020 8772 9900
www.bullying.co.uk
<http://www.thinkuknow.co.uk>

Visit the Kidscape website www.kidscape.org.uk for further support, links and advice.

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Signed..... (Chair of teaching and Learning)