



Anti-Bullying Policy

Principles and Values

As a school we take bullying and its impact seriously. Pupils and parents should be assured that known incidents of bullying will be responded to. Bullying will not be tolerated. The school will seek ways to counter the effects of bullying that may occur within school or in the local community. The ethos of our school fosters high expectations of outstanding behaviour and we will consistently challenge any behaviour that falls below this.

Objectives of this Policy

All governors and teaching and non-teaching staff should know what bullying is, what the school policy is on bullying, and follow it when bullying is reported. All of us have encountered bullying at some point in our lives, but we all deal with it differently. The aim of this policy is to work together to ensure that our school is a safe place for children and adults to be; whether the school community is directly or indirectly affected by bullying or not.

Why is it Important to Respond to Bullying?

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

Prevention

At Castledyke Primary School we use a variety of methods to support children in preventing and understanding the consequences of bullying. These include: assemblies, PSHE lessons, high SMSC (Social, Moral, Spiritual and Cultural) values, the school ethos, focussed Anti Bully and internet safety weeks and strong behaviour and mental health teams. We promote positive friendships through listening ears mentors and class shining star awards. The ethos of Castledyke means that all staff actively encourage children to have respect for each other and for other people's property. Good and kind/polite behaviour is regularly acknowledged and rewarded. Staff will regularly discuss bullying, this will inform children that we are serious about dealing with bullying and leads to open conversations and increased confidence in children to want to discuss bullying and report any incidents and concerns about other children's behaviour. Regular safety questionnaires are completed by children and parents.

What is Bullying?

Bullying is when someone is being hurt or upset on purpose by someone else. It is the same people or person doing it again and again.

Bullying makes people feel upset, lonely, pressured, threatened, scared, uncomfortable or confused.

At Castledyke, we are against bullying because everyone should be able to feel safe, secure and happy.

Types of Bullying

- **Physical:** i.e. punching, kicking.
- **Cyber:** i.e. nasty text messages, nasty emails and mean comments on social networking sites.
- **Isolation:** i.e. leaving people out, not including, excluding.
- **Verbal:** i.e. name calling, mimicking, making fun of families, belongings.
- **Cultural:** i.e. making fun of different religions, family background.
- **Racist:** i.e. making fun of people because of colour, family background, features.
- **Emotional:** i.e. hurting feelings, tormenting, neglecting.
- **Stealing (extortion):** i.e. taking belongings, money or threatening to do so.
- **Homophobic:** i.e. being unkind to others because of their sexuality
- **Sexual:** i.e. unwanted physical contact, sexually abusive comments.
- **Written:** i.e. note passing, letters, graffiti.

What are the Signs and Symptoms of Bullying?

- Saying, "I don't want to be here"
- Want to feel safe
- Property missing/broken quite a lot
- Scared of going places on your own, e.g. dinner hall, toilets playground, to and from school, clubs
- Skipping school
- Changing how they look
- Scared/ nervous when using their phone or computer
- Takes away your personality
- Not being themselves
- Worried, sad, bad about themselves, shaky, nervous, frightened, tired, physically ill, jumpy, lonely

Children might start to be a bully; become nasty or cross; steal; hurt themselves; be rude; skip food or eat more; do something they wouldn't usually do; stop doing schoolwork well or at all. More often than not, they won't say why these things are happening to them.

Why Do People Bully?

People bully for different reasons. The reasons could be:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- they are being bullied themselves
- they see and pick on an easy target (small, won't tell anyone, lonely or different in some way)

Pathways of Help for Children

Step 1

Tell someone; a teacher, friend, parent, counsellor, buddy or member of staff.

Step 2

Talk it through: Who? What? When? Why? How Often?

An adult will then talk to the bully.

All involved agree what to do.

Step 3

If the problem continues:

- Adult
- Circle Time
- Mediation between both groups
- Consequences agreed
- Parents notified

Step 4

If the problem still continues, a plan will be devised:

- Parents are brought in for a discussion
- Introduce in-school programmes for both the bully and the victim
- Outside help is sought (anti-bullying services)

Support and Help

- Advisory Centre for Education (ACE) 020 7354 8321 Children's Legal Centre 0845 345 4345
- KIDSCAPE Parents Helpline (Mon-Fri, 10-4) 0845 1 205 204 Parentline Plus 0808 800 2222 Youth Access 020 8772 9900
- Bullying Online www.bullying.co.uk
- Visit the Kidscape website www.kidscape.org.uk for further support, links and advice. For a copy of Kidscape's free booklets "Stop Bullying", "Preventing Bullying" and "You Can Beat Bullying", send a large (A4) self-addressed envelope (marked "Bully Pack") with 6 first class stamps to: Kidscape 2 Grosvenor Gardens London SW1W 0DH

This policy links into the Safeguarding and Child Protection Policy and the Behaviour Policy.

At Castledyke, we believe that communication and interaction is the keystone to healthy living and accessing opportunities in school and future life. Castledyke promotes, at any given opportunity, the use of communication, language and interaction skills.