

Anti-bullying Policy at Sibford Gower (child-accessible information)

What is bullying?

Bullying is behaviour designed to make someone feel:

Unsafe or frightened.

Unable to do well and achieve.

Unable to see a happy future.

Alone or unimportant.

Different in a bad way.

Lots of things can make people feel bad, for example having an argument with friends. Sometimes it depends on the situation we are in, and it is not always bullying.

Bullying is:

- meant to hurt . The person or people doing the bullying know what they are doing and mean to do it
- a repeated pattern of behaviour, not just a 'one off' incident.

Types of Bullying

Physical: kicking, hitting, spitting, pushing, taking and damaging belongings, or threatening to do any of these things.

Prejudice related: picking on people because of something different about them, like being gay, being a girl or a boy, the colour of their skin, where they come from, their religion, special needs, disability, health problems, who they live with, etc.

Indirect: spreading nasty stories, gossiping, leaving people out, making them do something they don't want to, "dirty looks", offensive graffiti.

Verbal: name calling, taunting, threats, offensive comments.

Unwanted or inappropriate touching, comments or messages

Cyber: nasty text messages, instant messages or emails, using social network sites to cause harm or embarrassment, sending nasty pictures or videos



What to do about it

In our school we do not accept any kind of bullying.

Bullying is NOT ACCEPTABLE and it is EVERY-ONE'S responsibility to prevent bullying.

1. Tell someone!

2. Try not to show that you are upset (this is difficult). Try to look positive and confident.

3. Try to ignore the bullying.

4. Walk away quickly and confidently (even if you are afraid on the inside).

5. Try not to respond by bullying them back.

6. Do something positive for yourself like joining a club or going to the park with friends.

7. Stay with someone you trust at times and places where you are worried bullying might happen.

8. Stay with your friends and say NO to the person bullying. Do not give in to demands.

9. Do keep attending school and tell someone if you are finding this hard.

10. If you are different in any way, be PROUD of it. It's good to be an individual. There's nothing wrong with you!

DON'T GIVE UP!!! It may not stop straight away, but keep telling others if it doesn't .

ALWAYS TELL SOMEONE !!!

Telling someone about bullying can be difficult, but:

We all have a responsibility to make sure that bullying is not allowed to continue in our school.

- Telling is not 'grassing' or 'snitching'.
- The school will deal with it fairly, sensitively and quickly. Teachers will tell you what is going to happen next and make sure that you can tell them how you feel
- If nobody knows what is happening, nobody can help. Not speaking means that the person being bullied will continue to suffer and the person doing it will carry on, probably choosing other targets too
- We all need to support each other - You might be helping others as well as yourself.
- Don't be embarrassed about feeling unsafe: it's not your fault!

Who to tell:

- Your class teacher or teaching assistant - This is probably the person who knows you best and can give you support every day. He or she can deal with the problem or contact another teacher on your behalf.
- Any other staff or classroom teachers - This could be anyone in the school that you trust. You could write it down for them.
- A friend - Sometimes, just talking about it helps. Your friends can look out for you and make sure that you are not alone. They can also help you to talk to someone else.
- A parent or somebody you can trust. If you don't want to talk to anyone at school, tell someone at home. They can help you to decide what to do next or talk to teachers on your behalf.
- Ms O'Sullivan or Miss Blake (they are both in charge of making sure the children in your school are safe and happy)

IF YOU TELL SOMEONE BUT YOU ARE STILL NOT HAPPY WITH WHAT IS HAPPENING, TELL SOMEONE ELSE. DON'T GIVE UP!

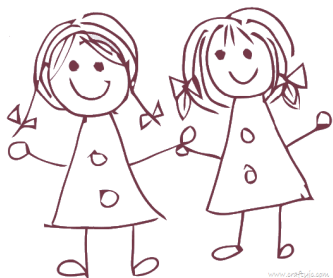
YOU CAN ALSO RING CHILDLINE ON 0800 1111

If you know someone who is being bullied...

Don't ignore it, don't be a bystander!

2. TELL SOMEONE!!!

3. Show people who are bullying that you don't like what they are doing. Don't be friends with them or include them in your group until they stop.



4. Help and support others. Give the person a word or a look of support, even if they are not a friend of yours. Feeling unsafe can be very lonely.

You could ask someone on the School Council to talk about it at a meeting.

5. Don't make teasing or hurtful remarks.

6. Always be honest and truthful about bullying, even if it is not easy.

Stick up for what you know is right!

What the school will do about bullying:

- We will investigate all incidents carefully and record them.
- We will always take reports of bullying seriously and listen carefully to what children say.
- We will be sensitive to the child's situation
- We will offer the person being bullied and the person bullying a chance to talk about what happened and how to make it better
- Parents / carers will be involved and informed of unacceptable behaviour.
- Detentions and exclusions may be used if necessary
- We will provide support for the person being bullied and the person who has been bullying to help them tackle their difficulties
- We will continue to monitor the situation and check in with the children involved to find out whether anything has changed.
- We want children to be involved in our anti-bullying efforts, so we welcome suggestions, comments, and activities like running assemblies, getting involved in the school council, and we work with the children based on their comments in termly pupil surveys.

IF YOU ARE BEING CYBERBULLIED, OR RECEIVING ABUSIVE OR WORRYING MESSAGES...

Cyber-bullying

Unwanted texts or messages.

Publishing private information or photos that are not their own.

Cyberbullying is bullying that happens using electronic forms of contact such as phones, emails or social networking

- It may be an extension of face-to-face bullying.
- It can invade your home, personal space and free time
- It is not a specific criminal offence but laws concerning harassment and threatening behaviour may be applied. Some incidents of cyberbullying may be unintentional and the consequences may also be unintentional.
- Bystanders or observers of cyberbullying may become perpetrators by allowing these actions to take place.

Threats or intimidation

Humiliating photos or video clips.

Stalking

Harrassment



- Do not ignore it: **Tell someone.**
- Keep any bullying messages you receive as **evidence**. Make a note of the time and date they were received and any details you have about the sender.
- **Do not respond with abusive messages** of your own. It is against the law. Replying could make matters worse and will confirm your e-mail address or phone number as a real one .
- **Report it** to the sender's service provider, the people running the site or CEOP, or ask an adult to do so. They may be able to track the person bullying down. If messages are threatening or malicious and they persist, report them to the police and hand in the evidence you have collected.
- **Be careful what you share.** Do not give your phone number, email address, or other details to just anyone, but only to those you trust. Never give out your name, photos of you, address, phone number, school name or password in an internet chat room. Use a nickname instead. Do not give your password to anyone.
- **Stick to public areas** in chat rooms. Remember that it may not only be people of your own age in a chat room. Get out if you feel uncomfortable.
- **Block** users who you don't know or trust. On your phone, consider turning off incoming messages for a couple of days. The person bullying may get bored if you do not respond and stop sending you messages. You could also change your phone number. Contact your Service Provider for details.
- If you have a mobile phone, use your voicemail to **screen calls**. Do not leave your name on your voicemail greeting, but use the automated system instead. It is anonymous.
- If you get an abusive/silent phone call, do not hang up immediately. Put the phone down and walk away for several minutes. Then hang up and turn your phone off. The caller may get bored and stop.
- Do not share others' secrets or share pictures of them. **Respect others' privacy.** You could be breaking the law by forwarding images.

REMEMBER: MOST SOCIAL NETWORKING SITES LIKE FACEBOOK AND INSTAGRAM ARE MEANT FOR USERS WHO ARE AGED 13 AND OVER