

## **Mareham Le Fen Church of England Primary School**

### **Anti – Bullying Policy**

#### **Policy Aims**

The aim of the anti-bullying policy is to ensure that pupils learn in a supportive, caring and safe environment without fear of being bullied. Bullying is anti-social behaviour and affects everyone; it is unacceptable and will not be tolerated.

#### **Definition**

Bullying is defined as deliberately hurtful behaviour, repeated over a period of time. The main types of bullying are:

- physical (hitting, kicking, theft)
- emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- verbal (name calling, racist remarks, teasing, sarcasm)
- indirect (spreading rumours, excluding someone from social groups).
- cyber (all forms of internet, email and internet chatroom misuse; mobile threats by text messaging and calls, misuse of associated technology i.e. camera and video facilities including those on mobile phones)
- sexual (unwanted physical contact, sexually abusive comments)
- homophobic

#### **Signs and symptoms of bullying**

Pupils who are being bullied may show changes in behaviour, such as becoming shy and nervous, feigning illness, taking unusual absences or clinging to adults. There may also be evidence of changes in attitude to school life.

Specific signs and symptoms may include:

- Changes to their usual routine
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts suicide
- Threatens or attempts self harm
- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money
- Has unexplained cuts or bruises
- Comes home 'starving'
- Bullying others
- Changes in eating habits

- Is frightened to say what is wrong
- Gives improbable excuses for their behaviour.
- Doesn't want to go on the school bus/begs to be driven to school

### **What causes bullying**

People bully for different reasons. The reasons could be:

- to feel powerful, popular or in control
- jealousy
- to feel good about themselves
- because they want something (attention, possession or friends)
- to look good in front of other people
- because of peer pressure
- for fun
- because they are being bullied themselves

### **Preventative strategies**

- The school ethos, as directed through our school vision, demonstrates an undertaking by every individual in the school to respect the needs of others, to work in co-operation with one another and show kindness and consideration at all times
- All staff should provide regular praise of positive and supportive behaviour.
- Role models of staff are very important and have an effect on the learning and developing attitudes of pupils. All staff recognise this and demonstrate positive attitudes to one another.
- Work in school which develops empathy and emotional intelligence.
- Attitudes of understanding and empathy for the feelings of others will be taught through our curriculum in a meaningful context.
- The school's award system supports hard work, kindness, understanding and a caring approach to others.
- Children will be regularly taught strategies for negotiation, problem solving and conflict resolution.
- Parents' and children's awareness of cyber bullying is being increased through our School Policy on E-Safety and Acceptable Use Policy.

### **Reactive strategies**

Our school will respond promptly and effectively to reported incidents of bullying.

Pupils are encouraged to report bullying in school (to a member of staff or, in the first instance if they feel more comfortable, to a trusted friend who would be expected to talk to an adult).

Our culture supports pupils in this process by regular open discussion and development of trust. We aim to develop a climate where it is safe to disclose any incidents or suspicions of bullying,

**The following steps** may be taken when dealing with incidents:

- if bullying is suspected or reported, the incident will be dealt with immediately by the member of staff who has been approached
- a clear account of the incident will be established and reported to the Headteacher

- all those concerned will be interviewed by a member of staff and the incident will be recorded
- the child who has committed serious or repetitive incidents of bullying will be recorded in the school's log
- Parents will be informed if their child's name is recorded in the school's log
- Consequences will occur as appropriate in line with the school's Behaviour Policy.
  - Pupils who have been bullied will be supported by:
    - offering an opportunity to discuss the experience with a member of staff
    - reassuring the pupil
    - offering continuous support
    - restoring self-esteem and confidence.
  - Pupils who have bullied will be helped to:
    - discuss what happened
    - discover why they became involved
    - establish their wrong doing
    - have their attitudes changed by discussions with parents, other adults and their peers, including those directly involved.

Appropriate sanctions may be put in place

### **Monitoring, evaluation and review**

The school will review this policy annually and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the

**Useful websites, support agencies and other information**

Support Agencies

**Anti-bullying Alliance** - the alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues

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

**Kidscape**

<https://www.kidscape.org.uk/>

**020 7730 3300**

**Childline – advice and stories from children who have survived bullying**  
08000 1111

**Bullying on line**

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

**Parentline Plus – advice and links for parents** [www.familylives.org.uk](http://www.familylives.org.uk)

08088002222

**Parents Against Bullying**

01928 576152

**USEFUL SOURCES OF INFORMATION**

**Stonewall** - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. [www.stonewall.org.uk](http://www.stonewall.org.uk).

**Cyberbullying.** A whole-school community issue. A DCSF Publication available from: [Department for Education - Publications - GOV.UK](http://www.gov.uk) ref: DCSF-00685-2007.

**Think U Know** - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Know IT All for Parents** – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement [www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)