



ANTI BULLYING POLICY

RATIONALE

At Golden Valley Primary School, we are committed to providing a secure, safe, caring and happy environment for all members of the school community, free from bullying. Bullying is contrary to the ethos of the school and will not be tolerated. Pupils, parents and staff will be assured that incidents of bullying will be responded to.

At Golden Valley we acknowledge that bullying may occasionally take place. This policy outlines the guidelines and procedures that are in place in order that pupils, parents and staff are able to prevent or respond to any behaviour deemed to be bullying.

AIMS

Through these guidelines Golden Valley aims to:

- Promote a positive, caring ethos of kindness and consideration amongst all children and adults in our school environment, free from bullying;
- Provide guidance and procedures to enable all children, parents and staff to deal with bullying behaviours swiftly and consistently;
- Provide all children, parents and staff with strategies and skills to seek help and feel secure in reporting any incidents of bullying;
- Provide all children, parents and staff with an understanding of the impact of bullying behaviours through PHSE, VALUES, E-Safety and Anti-bullying lessons.

WHAT IS BULLYING?

- Bullying is repeated unkind behaviour that is intended to make others feel upset, uncomfortable or unsafe.

BULLYING IS NOT:

- A fall out with a friend
- A series of arguments with someone you don't like or in anger (This is conflict.)
- Something that only happens once
- A one off physical act of aggression e.g. pushing someone

Bullying can be:

Emotional: Hurting people's feelings, leaving you out, being bossed about, rude comments and gestures.

Physical: Punching, kicking, spitting hitting, pushing, inappropriate touching.

Verbal/Written: Teasing, name calling, spreading rumours, graffiti.

Through a 3rd person: Sending a friend with unkind messages.

Racist: Calling you racist names, gestures.

Cyber: Saying unkind things by text, e-mail and on social networking sites.

Signs and symptoms of bullying:

Children at Golden Valley are supported in an environment and ethos which encourages children to share worries and concerns in a safe atmosphere. It is useful for parents and school staff to be aware of the following possible signs of bullying and investigate further.

- If a child is frightened of walking to or from school or of going onto the school playground;
- Is unwilling to go to school;
- Becomes withdrawn, anxious or lacking in confidence;
- Starts stammering
- Feels ill often
- Makes less effort with school work or begins to underperform
- Has unexplained cuts or bruises
- Starts to bully other children or siblings or becomes aggressive
- Has damaged or missing clothes or belongings
- Is frightened to say what is wrong

Although any of these signs could indicate other problems, bullying should be considered and investigated.

PROCEDURES FOR RESPONDING TO INCIDENTS OF BULLYING:

- Respond calmly and consistently to all allegations. Let the child know that they have done the right thing by telling you.
- Listen to the problem and get as much information as you can, such as where and when the incidence(s) may have taken place and by whom. If appropriate, take notes.
- Offer advice to the victim about keeping safe and avoiding further incidences until the problem can be resolved.
- Talk to all children involved separately. In the first instance, adopt a problem solving approach in order to solve the situation satisfactorily for both parties. Ideally reconciliation should take place.
- Take appropriate action (apologies, sanctions) to end the bullying behaviour. Reinforce to the bully that their behaviour is unacceptable.
- Should bullying behaviour continue, further sanctions may need to be applied. This includes going to the Headteacher, Deputy Headteacher or senior staff, missing playtimes or losing privileges. An attempt will be made to help the bully(ies) understand the consequences of, and change, their behaviour.
- In serious cases, where the behaviour of the bully has not changed, parents will be informed. They will be invited into school to discuss their child's behaviour and work with the school to stop the bullying.
- Perpetrators of bullying will be monitored to ensure that further bullying incidences will not take place.

Advice given to children:

What should you do if you are being bullied?

Everyone in our school community has a right to feel safe. If anyone feels that they are being bullied it is important to remember that it is not their fault. There are procedures and strategies in place to help:

- Try to ignore the bully and don't let them know that you are upset.
- Look the bully in the eye and tell them to stop.
- Get away from the bully; go to a group of friends.

- Tell someone you can trust. Our school has many trusted adults that you can tell, but we cannot do anything about it if we don't know. You may want to tell your parent(s), a friend, a brother or sister or other relative. If you feel scared about telling, ask a friend to come with you.
- If you feel that you can't tell an adult about it, write the information down. It is important to keep a record of what has happened to you.
- When you tell an adult, give as much information as you can.
- If you feel that you have not been listened to, keep on speaking out until someone listens and helps you.
- Don't blame yourself.

What should you do if you see someone being bullied?

- Do not join in with the bullying behaviour.
- Try to help without putting yourself in danger. Ignoring someone being bullied is unfair to the victim and is not part of Golden Valley's supportive ethos.
- If it is safe to do so, try to stop the bully. Say 'Stop. We don't like your behaviour.'
- Let the person who is being bullied know that you are going to help them.
- Tell a member of staff immediately. Ask an adult what you can do to help the victim.
- Befriend the person being bullied and ask them to join in your games.

Further information:

Anti-Bullying Alliance www.anti-bullyingalliance.org.uk

Beat Bullying www.beatbullying.org.uk

Childline www.childline.org.uk

Kidscape www.kidscape.org.uk

NSPCC www.nspcc.org.uk