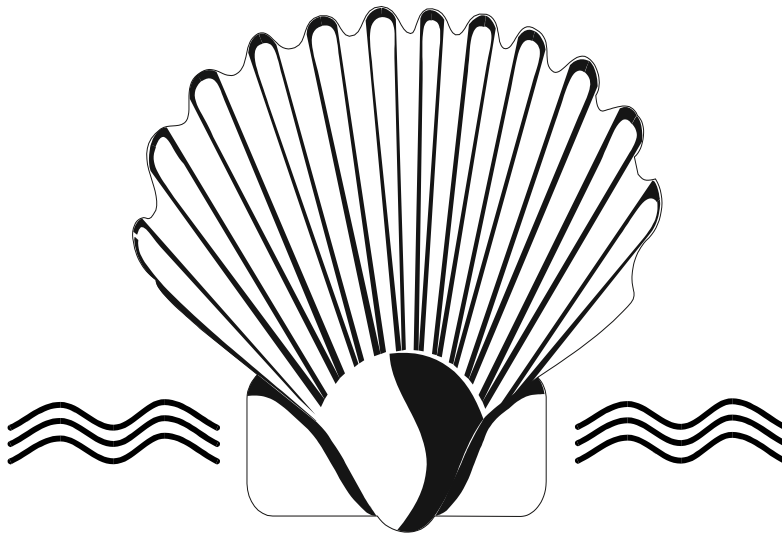


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# **DEEPING ST JAMES COMMUNITY PRIMARY SCHOOL**



## **Anti-Bullying Policy Statement**

# **Deeping St James Community Primary School**

## **Anti-Bullying Policy**

### **What is Bullying?**

Bullying is not easy to define. Sometimes it involves hitting or kicking. But threats, teasing, and taunting are more common and often more damaging. Cyber bullying is now also a growing issue.

The word bullying is used to describe many different types of behaviour which is undertaken repeatedly, ranging from teasing or deliberately leaving an individual out of a social gathering or ignoring them, to serious assaults and abuse. Sometimes it is an individual who is doing the bullying and sometimes it is a group.

### **Children have described bullying as:**

- ◆ Being called names
- ◆ Being teased
- ◆ Being pushed or pulled about
- ◆ Having your bag and belongings thrown around
- ◆ Having rumours spread about you
- ◆ Being ignored and left out
- ◆ Being forced to hand over money
- ◆ Being attacked because of your religion or colour

The important thing is not the action but the effect on the victim. No one should ever underestimate the fear that a bullied child feels.

### **How does being bullied make you feel?**

Bullying hurts. It makes you feel scared and upset. It can make you so worried you can't work at school. It can make you feel that you are no good, that there is something wrong with you. Bullies make you feel that it's your fault.

### **Preventing Bullying at Deeping St James Community Primary School**

At Deeping St James Community Primary school we adopt a pro-active approach to bullying. Through assemblies, the school's Golden Rules, and recognising and modelling positive behaviour we are committed to ensuring that the school community work together to create a happy, safe, caring and stimulating learning environment. We continually re-enforce the importance of treating others well rather than simply reacting to incidents when they occur. We raise awareness of bullying through the school curriculum, particularly P.S.H.E, and ensure children have the opportunity to talk about bullying through circle time or through individual time a chosen adult. Within our ICT, PSHE and assembly programme we also discuss issues around e-safety and the harmful effects/ issues surrounding cyber bullying.

## Dealing with Bullying if it occurs

***Remember - we can all make a difference.***

### Guidance for children:

#### If someone you know is being bullied:

- ◆ Don't rush over and take the bully on – you don't want other people to think you are a bully!
- ◆ Let a teacher or adult know what is happening
- ◆ Try to be a friend to the person being bullied
- ◆ Refuse to join in
- ◆ Ask for help
- ◆ In the event of cyber bullying tell an adult

#### If you are being bullied:

- ◆ Always remember if you are being bullied you **can** do something about it
- ◆ Remember it is not your fault
- ◆ **TELL, TELL, TELL!**
- ◆ Practice what you want to say
- ◆ Write down what is happening
- ◆ Don't give up
- ◆ Ask your parents to visit the school
- ◆ Talk over what to do with a friend, a teacher, mum, dad, guardian, or someone you trust
- ◆ Tell a School Councillor or Peer Mediator
- ◆ Remember, at Deeping St James we listen carefully to children when they tell us they are being bullied
- ◆ Take control, tell us your views and opinions

## Cyber Bullying

Things to remember:

- Don't keep it to yourself or try to deal with it alone. Tell an adult you can trust. It can help to talk.
- Don't reply to any nasty messages you receive. Keep the messages that you've been sent so you can show someone.
- Don't share, comment, or like any bullying posts. Sharing or commenting could make the bullying worse.
- Tell the police if something is serious.
- Things can change.

## **Dealing with Bullying: Guidance for Staff**

At Deeping St James Community Primary School we believe that Bullying is unacceptable. All such incidents are dealt with appropriately by staff and in line with the school Behaviour Policy.

All staff need to be alert to bullying both inside and outside the classroom. It is the responsibility of everyone to report acts of bullying as soon as they arise. This is a telling school. To be seen to act is as important as taking action. Silence and secrecy nurture bullying.

### **If you come across bullying what should you do?**

- ◆ Remain calm you are in charge. Reacting emotionally may add to the bully's fun and give the bully control of the situation
- ◆ Ensure the victim is safe and being cared for
- ◆ Take the incident seriously
- ◆ Take action as quickly as possible
- ◆ Think hard about whether your action needs to be private or public; who are the pupils's involved?
- ◆ Reassure the victim, don't make them feel inadequate or foolish
- ◆ Offer concrete help, advice and support to the victim(s)
- ◆ Make it plain to the bully that you disapprove.
- ◆ Encourage the bully to see the victim's point of view.
- ◆ Punish the bully if you have to, but be careful HOW you do this. Reacting aggressively or punitively gives the message that it is right to bully, if you have the power.
- ◆ Explain clearly the punishment and why it is being given.

### **Involving Others:**

- ◆ Inform senior staff
- ◆ Inform colleagues if the incident arose out of a situation where everyone needs to be vigilant.
- ◆ Refer to the Headteacher or SLT member who will, if necessary inform both sets of parents of the incident and reassure them that the incident will be dealt with appropriately.

Ensure that incidents of bullying do not live on through reminders from you.

All incidents of bullying should be recorded on pupil incident records and kept within the Pupil Incident File.

**Policy Agreed:.....**

**Review Date:.....**