



Anti Bullying Policy

We believe that all pupils have the right to learn in a safe, caring environment without the fear of being bullied. Whilst recognising that all institutions, whether large or small, have the potential for some bullying behaviour, we feel that a clearly laid down system for discipline can minimise its occurrence. At Southwater Junior Academy we endeavour to promote kindness and make it clear that bullying is anti-social and contrary to our ethos. It is **wrong** and **will not be tolerated**.

We feel that it is important for pupils and parents to know that any bullying complaints will be dealt with firmly, fairly and promptly.

Introduction

Bullying affects everyone, not just the bullies and the victims. It also affects those children who watch and less aggressive pupils may be drawn in by group pressure.

Bullying rarely sorts itself out. It is clear that jokes, insults, written abuse, violence and threatening or intimidating behaviour are found in our society but we believe that no one person or group should have to accept this type of behaviour.

What is bullying?

We define bullying as the behaviour of an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally. An occasional argument or 'tussle' does not constitute bullying. We are determined to promote and develop a school ethos where bullying behaviour is regarded as unacceptable to ensure a safe and secure environment is sustained for all pupils.

Bullying can occur through several types of anti-social behaviour:

- **Physical** - a child may be physically punched, kicked, hit spat at etc.
- **Verbal** - verbal abuse can take the form of name-calling. It may be directed towards gender, ethnic origin, physical or social disability or personality.
- **Exclusion** - a child may be bullied simply by being excluded from, or left out of discussions / activities by those they believe to be their friends.
- **Damage to property or theft** - pupils may have their property damaged or stolen. The bully may use physical threats in order that property is handed over to him or her.

Bullying is not the same as falling out with your friend or friends.

Objectives of this policy

- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
- All governors and staff should know what the academy policy is on bullying, and follow it when bullying is reported.
- All pupils and their parents should know what the academy policy is on bullying, and what they should do if bullying happens.
- As the academy we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

Signs and symptoms

Rather than telling an adult, children may indicate by signs and symptoms that they are the victims of bullying. Adults should be aware of these possible signs and should investigate if a child:

- Is frightened of walking to or from school
- Begs to be taken to school
- Changes the usual routine
- Is unwilling to come to school
- Becomes withdrawn, anxious or lacking in confidence
- Cries themselves to sleep or has nightmares
- Feels ill in the morning
- Begins to do less well in school work
- Comes home with clothes or possessions damaged
- Starts stealing money
- Has dinner or other money 'lost' frequently
- Has unexplained cuts and bruises
- Comes home starving [more so than is usual]
- Becomes aggressive or unreasonable
- Is bullying siblings or other children
- Stops eating
- Is frightened to say what is wrong
- Is afraid to use the mobile phone [or internet]

These signs and behaviours could indicate other problems, but bullying should be considered a possibility.

Procedures

- Report bullying incidents to staff
- In cases of bullying the incidents will be recorded by staff
- Parents will be informed and asked to attend a meeting to discuss the problem
- If necessary and appropriate, police will be consulted
- The bullying behaviour, or threats of bullying must be investigated and the bullying stopped quickly.
- An attempt will be made to support the bully [bullies] to change their behaviour

Outcomes

- The bully [bullies] may be asked to genuinely apologise
- Suspension or exclusion will be considered in serious cases
- If possible, the pupils will be reconciled
- Following the incident and subsequent handling of it, each case will be monitored to ensure there is no repetition.

Prevention

As a school we will use PSHE to help pupils prevent bullying which include:

- Children writing a set of school rules
- Writing stories, poems or drawing pictures about bullying
- Reading / telling stories about bullying
- Making up role-plays and having discussions about why bullying matters

The role of the academy

We will endeavour to ensure that there is adequate supervision at all times. Aspects of bullying will be discussed along with the appropriate way of behaving towards each other

during PSHE times. Any concerns will be dealt with quickly, fairly and firmly. Parents will be involved as and when necessary.

The academy will continue to operate its discipline policy. We will encourage pupils to discuss how they get on with other people and to form positive attitudes towards others. This includes discussion on what friendship really is. We will encourage pupils to treat everyone with respect.

We will treat bullying as a serious offence and take the opportunity to eradicate it from the academy. We will continue to review this policy and its degree of success.

When bullying is suspected

If bullying is suspected or reported we will talk to the suspected victim, the suspected bully and any witnesses. If any degree of bullying is identified the following action will be taken:

- Help, support and counselling will be given to both the victim and the bully as appropriate.
- The victim will be offered an opportunity to talk about the experience with a trusted adult as soon as is possible.
- Parents will be informed.
- Continuing support will be offered should he / she feel it is needed.
- Arrangements may be made for escorting to and from the school premises.

We also discipline yet try to help the bully in the following ways:

- By talking about what happened, to discover why they became involved.
- Informing the bully's parent.
- By continuing to work with the bully in order to do away with prejudiced attitudes as far as possible.
- By taking disciplinary steps to prevent more bullying.

Disciplinary steps

The academy will take the following disciplinary steps:

- They will be warned officially to stop the bullying.
- Name-calling / physical abuse carry fixed warnings.
- Informing the bully's parents.
- Arrangements made for the bully to be escorted to and from school premises.
- If bullying continues a fixed-term exclusion will result.
- Continued bullying behaviour will result in a longer (possibly permanent) exclusion.

See also our Behaviour Policy.

What can you do if you are being bullied?

Remember that your silence is the bully's greatest weapon.

- Tell yourself that you do not deserve to be bullied and that it is **WRONG**.
- Be proud of who you are. It is good to be individual.
- Try not to show that you are upset. This is hard but a bully thrives on someone's fear.
- Stay with a group of friends / people.
- Be assertive - shout "NO!" Walk away confidently. Go straight to an adult and tell them.

- Fighting back may make things worse. If you decide to fight back, talk to a teacher or your parent / guardian first.
- Generally it is best to tell a grown up whom you trust straight away. They will support you. Teachers will take you seriously and will help to stop the bullying without making things worse for you.

If you know someone is being bullied

- Take action. Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and alone.
- If you feel you cannot get involved, tell a grown up straight away. Teachers have ways of dealing with the bully without getting you into trouble.
- Do not be, or pretend to be friends with a bully.

As a parent

- Look for unusual behaviour in your children. For example, they may suddenly decide they do not wish to attend school, they may feel ill regularly or not be doing as well with their work.
- Always take an active role in your child's education. Ask how their day has gone, whom they played with etc.
- If you feel your child may be a victim of bullying behaviour, let the school know.
- Your concern will be taken seriously and appropriate action will follow.
- It is important that you advise your child not to fight back. It can make matters worse.
- Tell your child that there is nothing wrong with him / her. It is not his/her fault that they are being bullied.
- Make sure your child knows our policy on bullying and that they need not be afraid to ask for help.

Policy reviewed Sept 2016

Policy to be reviewed Sept 2018