

Anti-Bullying Policy Spring 2023

School ethos:

Creativity and excellence are at the heart of everything we do at Charles Dickens Primary School. Children are encouraged to work to the best of their abilities. However, we also want them to have lots of fun along the way. In order to enrich our exciting and diverse curriculum, we offer a continually expanding range of first hand learning experiences and extra-curricular activities, tailored to meet the needs of children at different stages of their school career. We believe that it is important that our classrooms look and feel vibrant and alive and that the creativity exudes from our displays and the presentations and performances of our children. All our children will always make or exceed national expectations of progress and all the staff will support their determination and ambition with outstanding teaching. Through every strand of school life, we aim to promote the spiritual, moral and cultural development of every child, alongside the academic, to prepare them for the opportunities, responsibilities and challenges that life offers. At Charles Dickens School, we teach children RULER lessons which are lessons aimed at supporting pupil's awareness of emotional intelligence and promoting positive relationships and mental health.

Statement of Intent

At Charles Dickens School, we are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. Neither physical nor verbal bullying will be tolerated at Charles Dickens Primary School. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING* school. This means that *anyone* who knows that bullying is happening is expected to tell the staff. Everyone has a responsibility to prevent bullying. All our pupils and staff are trained and understand the importance of children's rights which make us a Rights Respecting School.

What Is Bullying?

We define bullying as the use of deliberate hurtful behaviour over a period of time with the intention of hurting another person. Bullying results in pain and distress and the victim usually can't defend themselves

Bullying can be:

- Emotional being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic because of, or focussing on the issue of sexuality

- Verbal name-calling, sarcasm, spreading rumours, teasing, excluding from social groups
- Cyber All areas of internet ,such as email & internet chat room misuse
Mobile threats by text messaging & calls
Misuse of associated technology , i.e. camera & video facilities.
Therefore, bullying can be online as well as offline.
- Social and reputational This can include sharing information about someone which isn't true or saying something deliberately to ruin a relationship or that persons reputation.

However, it is not bullying if two pupils of equal power and strength have an occasional fight or quarrel.

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

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 teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.
- All pupils and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- The whole school takes bullying seriously. Pupils and parents are confident that they will be supported when bullying is reported.

Signs and Symptoms

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of possible signs such as a child who: is worried about going to and from school, changes their usual routine, is unwilling to go to school, becomes withdrawn anxious, or lacking in confidence, starts stammering, cries themselves to sleep at night or has nightmares, feels ill in the morning, school work begins to deteriorate, has possessions which are damaged or " go missing", asks for money or starts stealing money , has unexplained cuts or bruises, becomes aggressive, disruptive or unreasonable, is bullying other children or siblings, stops eating, is frightened to say what's wrong, gives improbable excuses for any of the above, is afraid to use the internet or mobile phone, is nervous & jumpy when a text/email/chat room message is received These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated

Prevention

Through a caring ethos established in our assemblies, through class discussions, individual counselling, the School Council, and a posting box for problems we encourage children who are bullied physically or verbally to ask for help from staff and other children.

If parents or carers discover that a child is being bullied they must share their worries with the classteacher, Assistant Headteachers, Deputy Head or Headteacher. In this way the child will be supported and the bully dealt with effectively.

Staff will remind children termly that if they feel they are being bullied, that they must tell their parents and teachers. We prevent bullying in the following ways:

- Staff to praise children's positive social behaviour.
- Friendship week and a weekly award for 'Friendship'
- Discuss issues about bullying in class during circle time and PSHCE.
- Help children to develop strategies to solve conflicts constructively
- Staff to be aware and monitor any possible problems
- Pupils to understand their emotions and be able to share them during Pastoral Lessons. Each classroom has a mood meter which can be referenced when talking to an adult.
- All pupils are taught to understand their rights as part of being a Rights respecting school.

What the school will do.

The school will:

- Take bullying seriously and stop the bullying immediately
- Support the child being bullied
- Involve parents and carers at an early stage
- Investigate the facts of any incident and meet those concerned individually
- Record incidents in a consistent way to facilitate monitoring
- Help children to develop positive strategies and appropriately assertive skills
- Try to help the bully to change his/her behaviour
- Break up bullying groups where necessary
- Use peer group pressure to actively discourage bullying
- Involve children in class and school rules through in-class discussion and the School Council
- Be concerned about bullying on the way to and from school
- Involve outside agencies as appropriate
- Provide support for vulnerable children.
- We will react firmly and promptly when bullying is identified.
- Children who are being bullied will be strategically protected.
- Children who bully will be given the chance to discuss their own problems with the class teacher, one of the two Deputy Heads or the Head.
- Incidents will be recorded on a behaviour incident form. These are stored in the office and are monitored on a daily and weekly basis.
- Sanctions will be determined according to the individual case and in line with our behaviour policy.

Summary:

- The school will do everything in their power to support the child who is the victim of bullying.
- The school will do everything they can to reconcile the children in order to prevent repeat incidences.

What is Cyber-bullying?

- The rapid development of, and widespread access to, technology has provided a new medium for 'virtual' bullying, which can occur in or outside school.
- Cyber-bullying is a different form of bullying and can happen at all times of the day, with a potentially bigger audience, and more accessories as people forward on content at a click.

Additional signs that a pupil may be being bullied online

- Upset after using the internet or his/her mobile phone
- Avoiding going to school and/or meeting friends
- Suffering from low self-esteem

Prevention:

- Pupils will receive regular e-safety lessons, which incorporate cyber-bullying.
- The school will run workshops and assemblies at least once a year on the importance of staying safe online and understanding cyber-bullying.
- Advice will be given to parents in the yearly e-safety parent workshops.
- Pupils are not permitted to bring phones into the school building. Those pupils who have phones must hand them into the school office.
- Pupils are taught how to prevent and respond to cyber-bullying as part of PSHCE lessons in KS2.
- The school staffs try to keep up to date with new online trends that pupils use.

The school's response to cyber bullying

- The school will try to contain the incident when content has been circulated to other people
- We will contact the young person's parents/carers in line with the school's anti-bullying policy

- Working with the person responsible for the bullying and making him/her aware of the consequences of this behaviour
- Applying consequences as outlined in the school's anti-bullying policy, and considering whether a restorative approach might be appropriate
- Considering whether the matter should be reported to the police, if the content is illegal

Monitoring and Reporting Bullying

The Headteacher and Pastoral Deputy will report all incidents of bullying to the governing body at termly meetings.

Where can parents and pupils read this policy?

This policy is displayed in the school office, on the School Council notice board and on the website. Each year during Anti-bullying Week/Friendship Week the children are explicitly reminded about our school policy. Charles Dickens School is committed to promoting positive friendships and to preparing children to deal with the complexities of interpersonal relationships.

GUIDANCE FOR PARENTS AND CARERS

It is always a good idea to take an active part in your child's social life, know where they are and who they are with, and chat about friends and their activities in and out of school. As well as keeping up to date with your child's friendships you may learn of disagreements or difficulties.

CHILDREN WHO HAVE BEEN BULLIED MAY:

- Be unwilling to attend school
- Be frightened of walking to and from school
- Change their route to school
- Show a change in their classroom behaviour or their work
- Come home with books or personal belongings damaged
- Request money or begin to steal money
- Have unexplained injuries
- Suffer mysterious illness
- Refuse to say what is wrong
- Give improbable excuses to explain any of the above

If parents discover that a child is being bullied they must share their worries with the classteacher, Deputy Heads or Headteacher. This will both support the child and ensure that the bully is dealt with effectively.

We will react firmly and promptly where bullying is identified. There are a range of sanctions available to staff depending on the seriousness of the situation.

WE WILL ALWAYS TRY TO HELP: THE SCHOOL HAS CLEAR BEHAVIOUR MANAGEMENT STRATEGIES WHICH DISCOURAGE VOILENCE OR INTIMIDATION.

GUIDANCE FOR CHILDREN

Remember we will listen

If you are being bullied here are some things you might try:

- Tell an adult or write a confidential note to your classteacher
- Try not to show that you are upset - this is difficult
- Tell yourself that you don't deserve it
- Walk confidently even if you don't feel confident
- Avoid being alone in places where bullying may happen
- Stay with groups of people even if they are not your friends
- Get together with friends and say NO loudly to the bully
- Try not to fight back: tell a teacher
- If you are in danger get away
- If you are different in some way show you are proud of it – it's good to be an individual

We can all help to stop bullying

- Don't stand and watch.....get help
- Show that you and your friends disapprove
- Give sympathy and support to children being bullied
- Be careful not to tease or make personal remarks.....imagine how you might feel
- If you know of bullying that is going on tell a trusted adult or write a confidential note

We will try to help

Due to be reviewed in April 2024