

# Church Aston Infant School



## Anti-Bullying Policy

November 2022

## Contents

|  |   |
|--|---|
| PREVENTATIVE STEPS.....  | 3 |
| PROCEDURES TO BE FOLLOWED IF BULLYING TAKES PLACE .....                | 3 |
| BULLYING AND THE FACTS .....   | 4 |
| INTRODUCTION .....   | 4 |
| WHAT IS BULLYING? .....  | 4 |
| POSSIBLE SIGNS OF BULLYING .....                                       | 5 |
| WHO BULLIES WHOM? .....  | 5 |
| WHERE DOES BULLYING HAPPEN? .....                                      | 5 |
| A DEFINITION OF BULLYING PUT TOGETHER BY CHILDREN IN AN ASSEMBLY ..... | 5 |

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**BULLYING** is not acceptable in any form. The school will listen and respond to concerns about bullying.

## **PREVENTATIVE STEPS**

- Through the PSHE curriculum and assemblies, the school will ensure that planned work on bullying will take place via:
  - Circle time
  - Class discussion
  - Role-play
  - Drama
- The aim of the curriculum is to ensure the children:
  - Know what bullying is
  - Understand that it is hurtful/unacceptable
  - Have discussed a range of strategies for coping if they experience bullying themselves or they see others being bullied
- Ensure that the playground is a safe, secure and structured environment where bullying is less likely to happen. This will be achieved through:
  - Playground games
  - Liaison with lunchtime supervisory staff
  - Ensuring that playground equipment is occupied constructively.
- Involvement of children in agreeing an appropriate and acceptable Code of Conduct, which reduces the likelihood of bullying.
- Awareness raising/training with all staff teaching, non-teaching, governors and parents.
- Liaison with other professionals
- Make the policy known to everybody annually

## **PROCEDURES TO BE FOLLOWED IF BULLYING TAKES PLACE**

- All staff should take seriously and monitor any concerns about bullying
- The Head teacher/Senior Leaders should be informed of any incident
- All staff should share this with colleagues
- If bullying is confirmed it will be dealt with in the most appropriate way in line with our Behaviour and Discipline policy.
- Additional support or sanctions may include:
  - “Good to Be Green” behaviour strategies
  - Referral to School Rules
  - “No Blame Approach” (positive peer pressure)
  - Collective responsibility (investigating, listening, and monitoring)

- Recognising and identifying appropriate behaviour (reinforcement)

Whichever strategy is employed it will be to help both the victim and the bully. Parents will be informed and involved in this process.

## **BULLYING AND THE FACTS**

### **INTRODUCTION**

#### **“BULLYING – DON’T SUFFER IN SILENCE”**

Memories of school life are not always pleasant ones. For many parents their own experiences of being bullied or even being a bully, are vivid and powerful. Even those parents who escaped these experiences in childhood need to be fully aware of any signs that their own child is involved in bullying - victim or perpetrator - and take action. Bullying in school causes pain and distress to many children and their families. Unchecked bullying can lead to the long-term adoption of inappropriate and anti-social behaviour. One result is a higher rate of criminal convictions in young adults who are bullies at school, and higher rates of depression exist in young adults who are persistently bullied at school.

Michelle Elliot from Kidscape, an organisation that provides a Bullying Counsellor, confirmed that they received over 16,000 calls in one year alone, and it is believed that as many as 12 children a year commit suicide because of bullying.

#### **WHAT IS BULLYING?**

Individuals or groups can carry out bullying.

The characteristics of bullying are that:

- It is deliberately harmful
- It is repeated over time
- It is difficult for those being bullied to defend themselves
- It is usually hidden from adults or authority figures

Bullying can take several forms including:

- Teasing
- Name-calling
- Spreading rumours
- Exclusion from the group
- Threats, including threatening looks
- Extortion
- Damage or loss of belongings
- Physical assault
- Racial harassment
- Sexual harassment
- Homophobic harassment of young people who are lesbian or gay, or who are perceived to be.
- Cyber bullying – through online games, mobile phones, internet, social networks or other digital technology.

## **POSSIBLE SIGNS OF BULLYING**

- Reluctance to attend school
- Asking to be driven to school/changing route to school
- Low self-esteem
- Stress – related headaches, stomach aches
- Becoming withdrawn – behaviour changes
- “Losing” dinner money, pocket money, and school trip money
- “Losing” possessions/damaged possessions
- Hitting out at others/ becoming aggressive
- Nightmares, sleeplessness, and bed-wetting
- Unexplained bruising/injuries
- Refusing to talk about any of these problems
- Giving unlikely reasons for any of these problems.

## **WHO BULLIES WHOM?**

All children may be involved in bullying and being bullied. Name-calling is common for both boys and girls. Boys experience more physical aggression and threat. Girls experience more indirect bullying such as social exclusion or spreading rumours.

Bullying in schools is usually thought of as happening between pupils. However, some adults bully pupils, and some bully other adults. It is also possible for pupils to bully adults. Anti-bullying strategies should enable pupils and adults to be supported.

## **WHERE DOES BULLYING HAPPEN?**

Bullying can happen in any areas within school, both inside and outside. It is important for staff to be vigilant especially when children are involved in less structured times for example playtime and lunchtimes.

## **A DEFINITION OF BULLYING PUT TOGETHER BY CHILDREN IN AN ASSEMBLY**

- Calling Names.
- Nicknames.
- Threatening.
- Unkind.
- Pushing/being rough.
- Unkind secrets.
- Making someone feel scared.

Children decided that bullying could make them /other children feel many different feelings including those below.

- Frightened
- Unhappy
- Scared

- Sad
- Confused
- Disappointed
- Miserable
- Lonely
- Cross, mad and angry
- Alone
- Afraid
- Broken-hearted