

Bressingham Primary School

Anti-Bullying Policy

Our agreed definition of bullying:

Repeated deliberate actions and comments which have the result of causing distress and are upsetting to another person.

Bullying is rare at this school.

What bullying can include:

Ignoring/excluding; looks; insults against the family; name calling; hiding of possessions; hitting; threats; setting people up; manipulating others to do things; racist and sexist remarks; intimidating groups or homophobic/ transphobic bullying (including use of language) and derogatory remarks about another someone's faith.

Preventative measures against bullying:

What do all children need to know about bullying in order to prevent it occurring? Much of this is brought into the curriculum through our PHSE/SEAL work. Circle Time will also be used as a means of solving and preventing bullying situations. The Sex and Relationships Education and PSHE curriculum also need to provide age-appropriate advice to support LGBT pupils and those from LGBT families. Pupil voice monitoring is carried out.

What do children need to know about bullying?

- What we mean by bullying
- That we will listen to them
- They have the right to space
- Strategies to help them to become assertive
- Role play in order to practise strategies
- A safe place
- Know of a person they can trust
- Know what acceptable behaviour is
- Why they are being bullied
- That they can say no
- That bullying is not tolerated or approved of by staff and children
- We care
- That they must not punish themselves
- Bullying is always a weakness

<i>Group:</i>	School	DOCUMENT DETAILS		<i>Scope:</i>	
<i>Date of Last Review:</i>	January 2015	<i>Next Review Date:</i>	January 2018	<i>Reviewing Body:</i>	Teaching Staff & School Improvement Committee

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Signs of Bullying:

Children may:

- Be frightened of walking to or from school
- Be unwilling to go to school and make continual excuses
- Beg to be driven to school
- Change their route to school every day
- Show noticeable deterioration in their school work
- Regularly have their clothes or books or school work torn or destroyed
- Become withdrawn
- Become easily upset
- Start stammering
- Develop stomach and headaches
- Cry themselves to sleep
- Begin wetting the bed
- Have nightmares and call out things like 'Leave me alone!'
- Have unexplained bruises, scratches or cuts
- Have their possessions go missing
- Ask for money or begin stealing (to pay the bully)
- Continually 'lose' their pocket money

How we will deal with bullying:

1. We will reassure the victim and offer help, advice and support to him or her
2. We will talk to those directly involved; victim, bully and any others.
3. We will take action as quickly as possible
4. We will encourage the bully to see the victim's point of view by bringing the parties together to discuss the incident, feelings and alternative outcomes.
5. We will ask the bully to write a letter of apology
6. We will record the incident in the Bullying Register if we have proof that bullying is taking place

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7. We will contact the parents or carers of victims and bullies by telephone or letter to inform them and to involve them in any future action.
8. We will consider the appropriateness of the sanction. If sanction is deemed necessary, we will clearly explain the reason for it. The consequence will be the withdrawal of privileges in the following form: free time (breaks, lunchtimes), detention.
9. We will review the situation by contacting the parents or carers to ensure that the victim is happy at school and by speaking to the child.
10. If the situation is not resolved, we will seek advice from the Schools' Support Team, after speaking to the parents or carers involved.

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