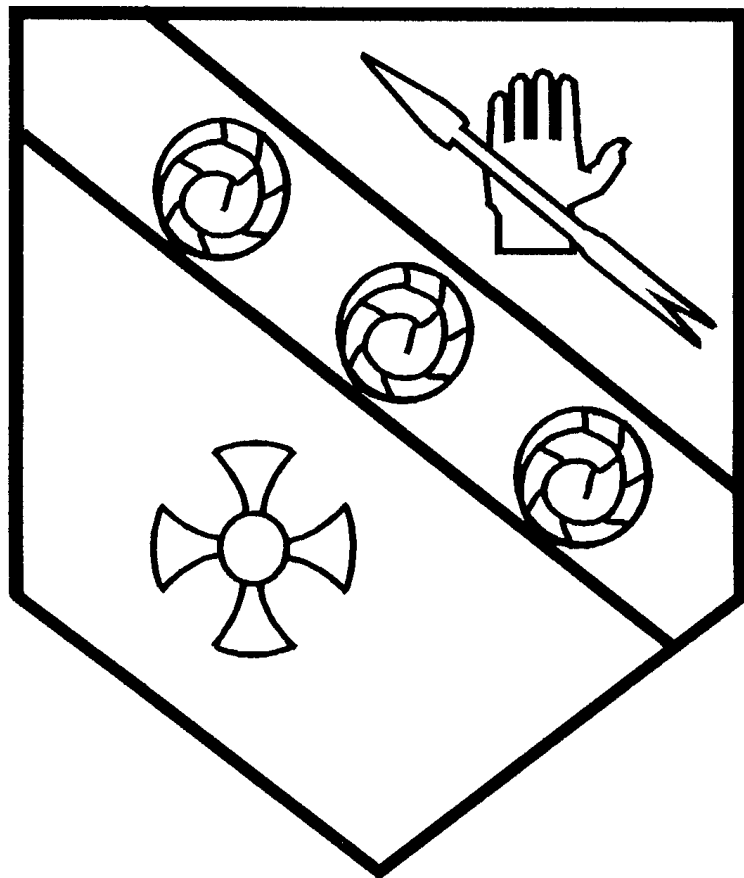


St Hild's CE Aided Primary School



Children's Anti Bullying Policy

This policy was written by the children of St Hild's for the children of St Hild's.

It is updated during our annual Anti-Bullying weeks and it is shared with the whole school during Anti-Bullying Assemblies and via our school website.

1. Introduction

Bullying behaviour is:

- On purpose
- It happens more than once
- The same bully targets the same victim (or victims)

It is repeated, deliberate behaviour that is intended to hurt another person. It can be online or in person.

Bullying can happen to children or adults. Anyone can be targeted by a bully. Bullying is wrong and there is no excuse for it. It can hurt children for a long time, not just when it happens. Bullying can affect children throughout their lives.

We want to make sure that our school is a safe place so we can all come to school and learn without being worried, sad or afraid. To do this we do lots of different things.

At St Hild's, our staff deal with all incidents of bullying quickly and effectively. Children might not see this happening because our staff deal with bullying in different ways.

Our adults deliver a range of activities to boost children's wellbeing in school. These include Breakfast Club, PE lessons with different coaches, school trips, whole school events, Dojo treats, Forest School, hot chocolate with Mrs Ryder, the Vision Crew, Relax Kids, lunchtime clubs, after school clubs, cookery and arts and crafts sessions. Every child matters at St Hild's and they are all made to feel valued and important.

2. Children in our school say, "Bullying is..."

- Being cruel or unkind to someone when they have asked you to stop
- The wrong use of power by some people towards other people
- It may be hurting others, *including hurting people's feelings*, using unkind words, making people feel scared or whispering about people behind their back
- Constantly teasing or hurting people
- Deliberate, repeated behaviour that is aimed at the same person or people over a length of time
- *Making people feel unimportant so that they don't want to come to school*
- *Making people feel uncomfortable so that they don't want to be around the bully*
- Pushing people away from their friends
- Making people feel bad about themselves or making them feel that they need to change in some way
- It is not just an argument or disagreement with your friends but an everyday, ongoing occurrence
- It is when people tell other people what to do or how to think
- It is something that can make you doubt yourself as a person and question your importance and your value
- *It can affect your social life if you don't want to spend time with your friends or go to activities, events or clubs*
- It is behaviour that involves repeatedly hurting someone's physical or mental health
- It is where someone makes a horrible choice to make someone else feel as though they need to change
- It is something that can have a negative impact upon your education
- It can be something that affects you throughout your life
- The impact of bullying can stay with you for the rest of your life
- Bullying can happen to adults as well as children

3. Types of Bullying

There are different types of bullying:

- Physical Bullying

This is where bullies use their bodies to hurt other people. It can involve hitting, kicking, pushing, punching, nipping, scratching or hurting someone in another way.

Physical bullying is easy to spot because the victim often gets hurt.

Physical bullying can also involve damaging the victim's property on purpose.

- Verbal Bullying

This is where bullies use unkind words to make the victim feel unsafe or unhappy. This can include name calling, threats, swearing or teasing and the bully uses words that they know will make the victim feel upset, scared and uncomfortable.

- Emotional Bullying

This is where bullies say or do something that they know will upset the victim. This can include deliberately leaving people out of games, picking the victim last for team activities, spreading rumours about the victim, embarrassing the victim in front of other people, telling other children not to be friends with the victim or deliberately telling lies about someone or *hurting the victim's feelings.*

- Non-verbal Bullying

This is where bullies use threatening or intimidating behaviour and scaring tactics but they don't actually touch the victim. They make the victim feel unsafe through their actions. They can stare, use unkind facial expressions, threaten people by backing them into a corner where they cannot get out, surrounding the victim or overpowering them in their personal space.

- Cyber Bullying

This is where bullies use the Internet, mobile phones, tablets and other online devices to send nasty messages. People deliberately contact the victim and say unkind things to upset the victim.

Sometimes children ignore the problem and delete messages they are sent. Because it didn't happen to them in person, they don't always tell an adult. This is dangerous and it can make the problem worse. If you receive unwanted messages, do not delete them. Tell an adult you trust first.

At St Hild's, our staff supervise us whenever we use the internet and we have filters which stop inappropriate things from being seen.

- Racist and homophobic bullying

This is where people target other people because of their skin colour, family background, race or religion or because of their sex (whether they are a boy or a girl) or sexuality (whether they like boys or girls). Racist and homophobic bullying are illegal and if this happens in school, staff have to report these incidents to the Local Authority and the Police.

We celebrate individuality and diversity through the LGBTQ+ strands of our PSHE curriculum.

4. What we want to do about bullying

Bullying is wrong and we will not have it in our school. We will do everything we can to prevent bullying at St Hild's.

We try our best to make our school safe so that all children can learn without being worried or scared.

Whenever someone is bullied, our school will make sure that it is always dealt with in the same way. Children might not see this happening because staff deal with incidents privately not publicly.

Whenever someone is bullied, our school staff will make sure that it is dealt with as quickly as possible.

We will make sure that everyone in our school knows that we are against bullying and we will give them strategies that they can use to stop bullying if it happens.

You might not always see the adults dealing with the problem and you might think that they aren't doing anything about it, but don't worry – they are. Sometimes they have to speak to lots of people and watch carefully to see what is happening. They often have to take witness statements and find out all of the facts. Sometimes, things take a bit of time to deal with, but they are always sorted out.

5. What adults in school do to prevent Bullying

Everyone in our school takes bullying very seriously

- We have increased the number of adults outside at playtimes and lunchtimes
- Adults talk situations through with children before they escalate
- We have regular sessions in every class where we talk about our feelings, emotions, responses to different situations and our mental health as well as our regular PSHE lessons and our anti-bullying sessions
- Adults contacts parents and carers if they are worried about a child in school

The Governors are told of all bullying that happens in our school.

The Governors do not want bullying in our school and they support the Head Teacher to stop it when it happens.

The Head Teacher makes sure that:

- ✓ All of the things we do to stop bullying are working
- ✓ All children and adults in school know about our Anti Bullying policy
- ✓ Everyone in school knows that bullying is wrong
- ✓ Our school is a happy place where children are valued and they are made to feel special
- ✓ Our school is a place where everyone is made to feel better about themselves and we celebrate everyone's strengths, talents and special qualities.
- ✓ St Hild's is a friendly and welcoming school that is open to everyone

All of the adults in school are trained to deal with bullying quickly and effectively. They know how to help children if they are being bullied.

6. How we deal with Bullying at St Hild's

Bullying is always dealt with in the same way at St Hild's. All incidents are dealt with quickly and fairly.

Children at St Hild's who experience bullying are always listened to. They will get help and support quickly to help them to deal with their problem. They will be told how the problem will be solved and they will be reminded that they are safe in school.

Both the victim and the bully will be helped.

- ✓ A member of staff will speak to all of the children who were involved in the incident individually to gather the facts. This will take place privately, not publicly.
- ✓ The same member of staff will also speak to any witnesses who saw the incident
- ✓ The parents/carers of all children who were involved in the incident will be informed
- ✓ Discussions will take place with the children who were involved and a solution will be found. Staff will try to use Restorative Approaches where possible.
- ✓ Different strategies will be used depending upon the situation and the age of the children who are involved. Some strategies may take place as a group, or children may have 1:1 sessions with an adult

7. What Parents and Carers can do

Parents and Carers can:

- Talk to their child regularly about their day, even if everything is ok
- Listen carefully to their children – don't put words in their mouth!
- Don't assume there are problems – ask, "How was your day?" rather than, "What happened today?"
- Stay calm if their child reports a problem
- Ask their child how they are feeling and why
- Get help from school – *don't take matters into your own hands*
- Talk to their child's class teacher or the Head Teacher
- Give their children time to explain what has happened and how they feel
- Let their child explain the situation in their own words and in their own time
- Help their children by getting help from school as soon as possible
- Talking to adults in school if they feel that something is wrong, even if their child hasn't reported a problem
- Talk to the Head Teacher then give the school time to sort out the problem. Sometimes, a lot of people are involved and it takes time to gather all of the facts. You may think that nothing is being done but it is – school staff deal with incidents privately not publicly
- Support our Anti Bullying policy. If there is a problem in school, remind your child to tell an adult and get help - we do not hit back
- Help their child to be a positive member of our school by encouraging them to be kind and caring and think about others
- Support the school by attending our anti-bullying events
- Come to a meeting if you are invited in by a member of staff
- Ask for a meeting if you have any concerns
- Be respectful and supportive of our school and our school staff

8. What children do at St Hild's to stop Bullying

We have a number of teams who help to prevent bullying:

All classes have two Smiles. Their main role is to help new children to settle into school. They show new children our routines and make sure they know where everything is. Our Smiles are good role models and they help to support new children.

In Key Stage One, we have Buddies. They help children who feel sad or upset at playtimes and lunchtimes. They help children to find friends and they play games to make sure everyone is included.

We also have Play Leaders from UKS2 who go onto the KS1 playground to help the younger children play different games together at lunchtime. They complete Playground Training and they have fun ideas to they make sure everyone is included.

The Vision Crew looks for people who are doing the right thing and award stickers for behaviour linked to our values.

All of our staff are trained to deal with bullying to make sure that all children are happy and safe at school. All children at St Hild's know that our staff can be approached at any time.

We have a worry box where children can write down their problems or concerns. These concerns are dealt with quickly by a member of staff.

9. What you can do at St Hild's to stop Bullying

If you see something that you don't like, try to have a reasonable conversation with the people involved if you can. If that isn't possible, or if the people involved won't engage, get help from an adult immediately. Tell the adult why you are concerned

- What have you seen or experienced?
- How did it make you feel and why?
- Who is involved?

Give the adult as much information as you can – the more they know, the easier it will be to help the people who are involved.

The most important thing to do if you experience bullying is to get help from someone that you trust.

At St Hild's everyone knows how to deal with behaviour that makes them feel sad, upset or unsafe.

Our anti-bullying message is **TELL TELL TELL!**

If you experience bullying behaviour, you must tell someone that you trust as soon as possible. Don't be embarrassed or afraid, just get help as quickly as you can. Once people know that you are having problems, they will be able to help you to sort them out.

10. How often we think about this anti-bullying policy

- Our Buddies, Smiles, Play Leaders and Vision Crew work daily on our playgrounds to make sure everyone is happy in school.
- They report urgent issues and concerns immediately to our staff.
- They feedback their concerns during their training sessions.
- All behaviour in school is monitored closely by our staff. Positive behaviour is rewarded using Dojo Points, stickers and certificates and the Head Teacher is told about the good role models that we have in school. At the end of every half term, good behaviour is rewarded during our Dojo Treat.
- Any children who do not behave in an acceptable way are identified and the Head Teacher is told straight away. These children are dealt with using our anti-bullying strategies. Our policy is followed fairly and consistently.

Bullying is not acceptable and it will not be tolerated at St Hild's.

This children's anti-bullying policy supports our school anti-bullying policy.

All classes cover anti-bullying themes regularly as part of our PSHE curriculum. We also have anti-bullying weeks each term, e-safety sessions and whole school events throughout the year. Our anti-bullying work is displayed on our school website

<http://www.st-hilds.durham.sch.uk/>

Parents and carers are invited into school to take part in sessions throughout the year and work is shared via Class Dojo.

Parents and carers are also aware that they can discuss their concerns with a member of school staff at any time.

All children at St Hild's CE Primary School were involved in creating this anti-bullying policy and it is reviewed during anti-bullying week every year.

11. Where you can get help and find more information:

The Anti-Bullying Alliance

<http://www.anti-bullyingalliance.org.uk/>

Childline

<http://www.childline.org.uk/Explore/Bullying/Pages/Bullying.aspx>

0800 11 11

Kid Scape

<http://www.kidscape.org.uk/>

The NSPCC

<http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>

*Don't suffer in silence – if you have a problem,
tell an adult and get help straight away.*