

Arthur Bugler Primary School



Anti-Bullying Information Booklet

*A guide for parents, carers, staff & children
(September 2021)*

This booklet has been created following input from
children, parents/carers and staff at Arthur Bugler
Primary School

'Education is the most powerful weapon that we can use to change the world'

Nelson Mandela

'It is my aim to lead a school where every child is happy because happy children learn best. As a parent you leave your child/children in the care of the adults working at this school and you need to leave them knowing that that are well looked after and ultimately safe. As a school we do all that we can to achieve this and the aim of this information booklet is to outline exactly what it is that we, as a school, do to ensure your child's safety when they are in our care. This booklet has been designed in partnership with children, parents & carers and staff to ensure it is effective in providing the necessary information for all interested parties.



This booklet has been created in response to a number of parents/carers not being aware of what the school does to deal with bullying effectively. Some would say this is a positive response as it implies that there is no bullying in the school. However, we are a pro-active school that wants to ensure that all children are safe. We also know that around 62% of children, nationally, have experienced cyber-bullying which highlights a change in the modes in which bullying takes place. The information booklet will also act as a guide to ensure parents know the process to follow if they have any concerns whilst their child attends Arthur Bugler Primary School.

Our aim is to have a zero tolerance of bullying where staff are trained well to deal with bullying and the entire community from parents to young children have access to high quality support and information. In order to achieve this aim we promise to:

- Take consistent action on all incidents of bullying behavior*
- Heighten the awareness of staff, parents/carers and children about what is regarded as bullying behavior*
- Making clear to all staff, parents/carers the school's procedures for dealing with bullying incidents*
- Involving the parents/carers, as appropriate, of all students involved in bullying incidents*
- Identifying factors with the school community which might allow incidents of bully to take place, making every effort to stop them.*

Thank you for your support with this very important matter. We hope that this information booklet provides you with the relevant information on a very important area in school.'

Mr. J. A. Bryant
Headteacher
September 2021

What is bullying?

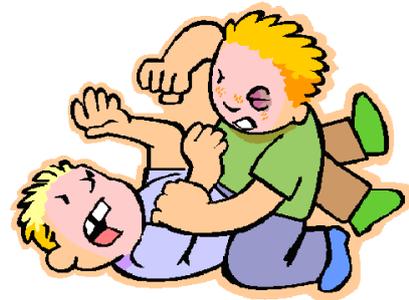
There are a number of definitions that are used to define bullying. As a school we have decided to use the following:

- Bullying is behavior that is intended to hurt someone either physically or emotionally. It is not a one-off act but is repeated over time.

As a school we also refer to bullying behavior as **STOP – Several Times On Purpose**.

What are the types of bullying?

- Verbal bullying – name calling, swearing, verbal threatening
- Physical bullying – punching, kicking, pushing
- Cyber-bullying – threatening, name calling through portable devices and social media, sending information/images without permission
- Racist or hate bullying – bullying due to a difference including ethnicity, religion, culture, sexual orientation, age, gender what they are or look like
- Sexual bullying – inappropriate touching, sexual advances, sexually teasing somebody
- Indirect bullying – spreading rumours



What does bullying include?

- Name calling and teasing
- Threats, extortion or intimidation
- Physical violence
- Damage to someone's belongings
- Deliberately leaving children out of activities
- Bullying by mobile phone, text message, e-mail or on social networking sites (this list is vast)
- Photographing and/or filming children and sharing this with others



How can I tell if my child is being bullied?

Your child may:

- Come home with cuts and bruises
- Not want to attend school
- Become quiet and withdrawn
- Have torn clothes
- Lose things
- Fall out with previously good friends
- Want to avoid leaving the house
- Be aggressive with siblings and other family members
- Do less well at school
- Have trouble sleeping
- Suffer from anxiety

Even if you even slightly suspect that your child is being bullied: **ACT PROMPTLY**

What will we do?

- Listen
- Discuss the situation
- Investigate the situation
- Set up a 'Support Group' to discuss feelings and possible ways forward
- Take practical measures to support the victim
- Ask the bully/bullies to genuinely apologise
- Use intervention strategies to help the bully/bullies change their behavior
- Monitor each case, to ensure repeated bullying does not take place
- Follow the school's positive behavior policy when thinking about possible consequences if and when they are needed.

What we do as a school?

Our ultimate aim is to prevent bullying so our 'Bully Prevention Oath' is:

*I will not bully others.
I will not stand by while others are bullied.
I will report and deal with bullying whenever I see it.*

Through assemblies, the PSHE curriculum, themed weeks and through discussions with the children we aim to:

- Ensure that children have a good understanding of what bullying behavior is and that they understand what to do if they are worried
- Develop confidence in children to speak up about bullying incidents
- Help to reduce the situations in which the bully can act and to help individuals to avoid becoming victims
- Ensure that the school is a safe place with adequate adult supervision at all times



What if my child is being bullied?

- Encourage your child to report bullying incidents as soon as possible either directly to staff, via the 'Worry Monster' or using the 'Whisper' report function which is on our school website
- Calmly talk to your child about his/her experience
- Make a note of what your child says, particularly who was said to be involved and how often the bullying has occurred
- Make an appointment to see Mrs Rowland (Learning Mentor) or your child's classteacher
- Meet with them to explain the problems your child is experiencing

When talking to us about bullying:

- Be as specific as possible about what your child says has happened, give dates, places and names of other children involved
- Stay in touch with staff at the school and let us know if things improve or if problems occur

If you are not satisfied following this:

Families who feel that their concerns are not being addressed appropriately by the school might like to consider the following steps:

- Make an appointment to discuss the matter with the Deputy Headteacher
- If this still does not help, make an appointment to discuss the matter with the Headteacher
- If a family is still not satisfied, write to the Chair of Governors explaining your concerns and what you would like to see happening



Possible questions you could ask your child if you are concerned they are being bullied or if they have been bullied

It is important to listen to your child about what they are telling you and ensure you give them your full attention. You will also need to ask what they would like you to do about it.

- What was the behavior? What happened?
- What impact did it have?
- What do you want to happen now/next?
- What are you going to do about what you have told me?

Further questions you could ask:

- What do you want me to do about what you have told me?
- Who are your friends and what do you like about them?
- What do you think about the bully?
- What do other children think of this bully?
- How do you feel at the moment?
- Are you afraid of anyone else? (There is often a ringleader and children go along with him/her because they are afraid they may be the next target if they don't)

- Who are your friends at the moment? (Has he/she dropped old friends and got new ones?)
- What games do you play at school and who decides who can join in?
- Has anything changed at home or school that you are upset about?
- Are other children being bullied?
- Have you spoken to anyone about this?

What if my child is bullying other children?

- Speak to your child about bullying and the effects this has
- Make an appointment to see Mrs Rowland (Learning Mentor) or your child's class teacher
- Meet with them to explain the problems your child is experiencing
- Use online support material (see the list at the end of this booklet)

Possible discussions if you are concerned they are bullying another child

- Identify the feelings that caused them to act in this way
- Discuss how each person is feeling
- Develop alternative ways of responding to these feelings
- Focus on repairing relationships rather than what has happened.

Cyber Bullying

What should I do if my child is being threatened, teased or embarrassed by mobile phone messages, e-mail or a social networking site?

- Inform the school if the messages were sent during the school day
- Speak to your child about who they share their personal number, e-mail and social networking information with
- Check exactly when the threatening message was sent
- Monitor your child's access to the internet and set parental controls at an appropriate level
- When necessary, report incidents to the police.



Advice for your child

- Always respect others – be careful what you say online and what images you send
- Think before you send – whatever you send can be made public very quickly and stay online forever
- Keep your password to yourself. Only give your mobile number or personal e-mail and website information to trusted friends
- Block people if you are unsure or do not feel safe. Learn how to block and report someone who is behaving badly
- Don't retaliate or reply
- Save evidence – learn how to keep records of offending messages, pictures or online conversations
- Make sure you tell an adult you trust or call a helpline like Childline on 0800 1111 in confidence

- Tell the school if the bullying involves another child
- Encourage your parents/carers to report incidents to the police

If you are being bullied:

- Try to stay calm and look as confident as you can
- Get away from the situation as quickly as possible and tell an adult what has happened straight away

After you have been bullied:

- Tell a teacher or another adult in school
- Tell your family
- If you are scared to tell a teacher or an adult on your own, ask a friend to go with
- Keep on speaking until someone listens and does something to stop the bullying
- Don't blame yourself for what has happened

When you are talking to an adult about bullying, be clear about:

- What has happened to you
- How often it has happened
- Who was involved
- Who saw what was happening
- Where it happened
- What you have one about it already



It is important that your child quickly identifies an adult at school that they feel confident to talk to

If you see someone being bullied

- Report the incident to an adult immediately
- Offer some support for the person being bullied
- Don't rush over and take the bully on
- Don't be made to join in

If you are a victim of bullying

- Tell an adult at school as soon as you can
- Take a friend with you if you are scared to tell an adult by yourself
- Tell a trusted adult outside of school
- Keep an electrical evidence
- Keep telling people until someone listens or the situation improves
- Don't blame yourself for what has happened



Who can help in school?

There are a lot of adults in school that can help including the teachers, Learning Support Assistants and Mid-Day Assistants. In addition to these people there is a dedicated Inclusion Team who lead on pastoral care and are happy to support children in cases of bullying



**Mrs Rowland
Learning
Mentor**

How can I get help outside of school?

Anti-Bullying Alliance (ABA)	www.anti-bullyingalliance.org.uk
Bullying Online	www.bullying.co.uk
Bully Busters	www.bullybusters.org.uk
Respect Me	www.respectme.org.uk
Kidscape	www.kidscape.org.uk
CEOP's Think U Know	www.thinkuknow.co.uk
CEOP	www.ceop.police.uk/safety-centre
Childnet	www.childnet.com
Stand Up To Bullying	www.standuptobullying.co.uk
Young Minds	www.youngminds.org.uk
Arthur Bugler School Website (Online safety area)	www.arthurbugler.com
ChildLine	www.childline.org.uk

CEOP



Whisper

