

Anti-Bullying Policy 2019-2020

Adopted and signed on behalf of the school by the Governing Body Representative at the meeting on:
Autumn Term 2019

Name of the Governing Body Representative: Margaret Brightman

Signature of the Governing Body Representative: 

Date signed: 22nd November 2019

Last reviewed: November 2019

Next review due by: November 2022



TORRIDON PRIMARY SCHOOL ANTI-BULLYING POLICY

STATEMENT OF INTENT

At Torrison Primary School we are committed to providing a safe environment for all our children so that they can learn and play securely.

Bullying of any kind is unacceptable and **will not be tolerated in our school**. We take all incidents of bullying very seriously. Bullying hurts and no one deserves to be a victim. Everybody in our school has the right to be treated with respect.

AIMS OF THE POLICY

The aim of this policy is to prevent and deal appropriately with any behaviour deemed as bullying. The implementation of this policy will create an ethos where bullying is regarded as unacceptable and there are clear procedures in place to stamp it out. All members of the school have a responsibility to recognise bullying when it occurs and take appropriate action.

This policy has been developed by the School Council, with support from the Senior Leadership Team.

WHAT IS BULLYING?

Bullying is any deliberate, hurtful, upsetting or threatening behaviour by an individual or group towards another person. It happens **repeatedly** and on purpose and results in fear or distress for the victim.

Bullying can be:

- **Emotional** Being mean, unkind, unfriendly or ridiculing somebody
- **Verbal** Teasing, cussing, name-calling, tormenting, threatening or spreading rumours about someone
- **Physical** Any form of violent behaviour such as; pushing, kicking, dragging or hitting
- **Racist** Racial taunts, graffiti, gestures, making fun of culture and religion or using it as a put down
- **Homophobic** Homophobic bullying is bullying that is based

- **Virtual** on prejudice or negative attitudes, beliefs or views about lesbian, gay or bisexual people. Cyberbullying using e mail, text messages, social networking sites such as Facebook, Instagram and WhatsApp

BULLYING IS NOT:

It is important to understand that bullying is not the odd occasion of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone. It is bullying if it is done **several times and on purpose**.

Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns or situations of low level conflict. At Torrington we have a variety of different ways to deal with these type of situations such as 'I' messages or peer mediation techniques.

WHERE DOES BULLYING HAPPEN?

Bullying can happen anywhere, but the following areas have been identified by the children as places where it has happened before. It is essential that we are all aware of areas where children feel most at risk and supervise them effectively.

- Quiet places where there are no adults
- In the playground
- In the classroom
- In the toilets
- On the way home

WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

Wherever you are in school you have the right to feel safe. Nobody has the right to make you feel unhappy or scared. If someone is bullying you, it is important to remember that it is not your fault and there are people that can help you or action you can take to make it stop:

- Try not to let the bully know you that s/he is upsetting you
- Try to ignore them
- Be assertive – stand up to them, look at them directly in the eye, tell them to stop and mean it
- Get away as quickly as you can
- Stay close to your friends
- Tell someone you can trust (this can be anyone)
- Ask a friend to go with you when you tell someone
- Write it down and give it to your teacher
- Speak to a member of school council

- Speak to a peer supporter or sports leader
- Don't suffer in silence - keep on speaking out until someone listens and helps you
- Don't blame yourself for what is happening
- Call a helpline

WHAT CAN YOU DO IF YOU SEE SOMEONE BEING BULLIED?

Don't ignore bullying if you see it happening to someone else. Staying silent means the bully has won and gives them more power. There are many ways you can help without putting yourself in danger:

- Don't smile or laugh at the situation
- Don't be made to join in
- If safe to do so, encourage the bully to stop
- Call for help
- Tell a member of staff as soon as you can
- Try and befriend the person being bullied
- Encourage the victim to talk to someone and get help
- Ask someone you trust about what to do
- Call a helpline for some advice

HOW CAN WE 'STAMP OUT' BULLYING AT TORRIDON

Through the School Council, the children have generated lots of ideas for ways in which we can make sure bullying does not happen and many of these ideas have already been put into place:

- Self Communication Sheet to be posted in a 'Worry box'
- Saying **'STOP! I don't like it.'**
- Friends talking to the bully
- Friendship Buddies on duty
- Community police to speak to classes
- Plays, assemblies about bullying and how to stop it
- Tell someone what's happening
- Stick up for yourself
- Don't fight back – keep yourself safe!
- Children without friends should be noticed. We should all help to make sure that all children have friends to play with

HELPLINE CONTACT DETAILS:

- Kidscape – www.kidscape.org.uk (0207 730 3300)
- Childline – www.childline.org.uk (0800 1111)
- Beat Bullying UK – www.bullying.co.uk (0808 8002222)