Torridon
Primary School

Anti-Bullying Policy

Adopted and signed on behalf of the school by the Governing Body Representative at the meeting on:	6th September 2025
Name of the Governing Body Representative:	Levin Wheller
Signature of the Governing Body Representative:	
Date signed:	6th September 2025
Last reviewed:	Full Governing Body Meeting – Autumn Term 202
Next review due by:	September 2026

TORRIDON PRIMARY SCHOOL
ANTI-BULLYING POLICY

STATEMENT OF INTENT

At Torridon 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. 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 appropriately deal with any behaviour deemed as bullying. We aim to support and protect victims of bullying and ensure they are listened to. We will help and support children who behave in a bullying way towards others to change their attitudes as well as their behaviour and ensure they understand why it needs to change.

Parents and carers will be liaised with accordingly and as a school we will ensure all members of our school community feel responsible for combating bullying.

This policy has been reviewed by the School Council, with support from the Rights Respecting team with a focus of Article 12 'Every child has the right to express their views freely and that their views should be taken into account when decisions are made'.

WHAT IS BULLYING AND WHERE CAN IT TAKE PLACE?

Bullying is any deliberate, hurtful, upsetting or threatening behaviour by an individual or a group towards others. It happens **repeatedly** and on purpose and results in fear or distress for the victim. Bullying takes many forms and can include:

- **Emotional** — Being mean, unkind, unfriendly or ridiculing somebody. Excluding individuals from social groups
- **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
- **Prejudicial (against people/pupils with protected characteristics)** — Negative attitudes, beliefs or views towards those with protected characteristics*, including those who identify as LGBTQ+. We

will respond to any prejudice-based bullying, as identified in the Equalities Act 2010

- **Virtual** Online abuse is using e-mail, mobile phones, the internet social networking sites and messaging apps an inappropriate manner

* *The Equality Act 2010 lists nine protected characteristics that define people's rights against discrimination, harassment, and victimisation. These characteristics are Age, Disability, Gender reassignment, Marriage and civil partnership, Pregnancy and maternity, Race, Religion or belief, Sex, and Sexual orientation. The Act applies to everyone in Britain and provides protection against unfair treatment based on these personal attributes.*

Bullying can happen anywhere at any time - face to face or virtually.

BULLYING IS NOT:

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

WHAT CAN YOU DO IF YOU ARE BEING BULLIED?

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 that there are people that can help you by taking action to make it stop.

Here are some things you could do:

- Be assertive – tell them to stop and mean it
  Saying ***'STOP! I don't like it'*** *(KS1)*
  Saying ***'STOP! I'll tell an adult'*** *(KS2)*
- Try not to let the person doing the bullying know you that they are upsetting you by ignoring them and instead telling a trusted adult
- Tell a trusted adult about the situation
- Stay close to your friends
- Ask a friend to go with you when you tell someone
- Speak to a playground leader or friendship buddy
- Speak to a member of school council
- Write it down and give it to your teacher via use of worry box/worry monster
- Don't suffer in silence – talk to a trusted adult
- Don't blame yourself for what is happening
- Get away as quickly as you can
- Know helplines that you can contact

(Reviewed and agreed by school council)

WHAT CAN YOU DO IF YOU SEE SOMEONE BEING BULLIED?

Don't be a bystander if you see bullying happening to someone.

There are many ways you can help without putting yourself in danger:

- Tell a trusted adult as soon as you can
- Encourage the victim to talk to someone and get help
- Don't be made to join in
- Be assertive and encourage the person doing the bullying to stop
- Call for help/Call a helpline for some advice

(Reviewed and agreed by school council)

HOW WE PREVENT AND REDUCE BULLYING AT TORRIDON

The school will adopt a range of strategies to prevent, reduce and raise awareness around bullying:

- Community police to deliver assemblies
- Assemblies about bullying and how to stop it
- Circle time
- Anti-bullying Week
- Friendship buddies and playground leaders
- THINK posters displayed around the school
- Online abuse and e-safety training for all pupils linked to the computing curriculum

RESPONDING TO BULLYING

Our approach to bullying is rooted in, and clearly reflects, our core values of Respect, Excellence, Diversity, Aspiration and Community. The following steps will be taken when dealing with all incidents of bullying reported to the school:

- Take any concerns of bullying behaviour seriously and immediately investigate matters thoroughly
- Record the incident on our Child Protection Online Monitoring System (CPOMS) and share relevant information concerning individual children and incidents of bullying with the child's parents/carers or other professionals as required.
- Sanctions as identified within the school behaviour policy
- Where the bullying of or by pupils takes place off school site or outside of normal school hours (including online abuse), the school will ensure that the concern is fully investigated. If required, the DSL will collaborate with other schools. Appropriate action will be taken, including providing support and implementing sanctions in school in accordance with this policy and the school's behaviour policy.
- Support children who have experienced bullying behaviour or who have demonstrated bullying behaviour. Listen and respond accordingly. Agree a plan for ongoing support

SUPPORTING PUPILS

THOSE WHO HAVE BEEN BULLIED

- Reassuring the pupil and providing continuous pastoral support
- Working towards restoring self-esteem and confidence
- Providing ongoing support; working and speaking with staff, offering formal counselling, engaging with parents and carers

- Social groups intervention to be put in place to create and discuss the role of friendship

THOSE WHO HAVE BULLIED

- Discussing what happened, establishing the concern and the need to change
- Informing parents/carers to help change the attitude and behaviour of the child
- Providing appropriate education and support regarding their behaviour or actions
- Sanctioning in line with school behaviour policy
- Interventions discussing appropriate language and respectful interactions

SUPPORT FROM PARENTS/CARERS

- Monitor your child's online activity and refer to useful sources of information regarding internet safety.
- Support your child in learning about bullying and share the anti-bullying message.
- Contact the school as soon as possible should any incidents arise and ask to speak to a member of staff.
- Keep a record if bullying behaviour persists – who, what, when, where?
- If your child is a victim assure them that it is not their fault and that you are going to do something to help
- **Always** remember that children can't solve bullying on their own. They **need** the support of parents/carers and our school

ADDITIONAL RESOURCES:

- Anti-Bullying Alliance: www.anti-bullyingalliance.org.uk
- Childline: www.childline.org.uk - 0800 1111
- Kidscape: www.kidscape.org.uk
- MindEd: www.minded.org.uk
- NSPCC: www.nspcc.org.uk - 0808 800 5000
- Young Minds: www.youngminds.org.uk