

## **Anti-Bullying Policy**

### **Statement of Intent**

At The Belham Primary School, we are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. Neither physical nor verbal bullying will be tolerated at The Belham Primary School. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING* school. This means that *anyone* who knows that bullying is happening is expected to tell the staff. Everyone has a responsibility to prevent bullying.

### **What Is Bullying?**

We define bullying as the use of deliberate hurtful behaviour over a period of time with the intention of hurting another person. Bullying results in pain and distress and the victim usually can't defend themselves

Bullying can be:

- Emotional      being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
- Physical        pushing, kicking, hitting, punching or any use of violence
- Racist           racial taunts, graffiti, gestures
- Sexual           unwanted physical contact or sexually abusive comments
- Homophobic   because of, or focussing on the issue of sexuality

- Verbal name-calling, sarcasm, spreading rumours, teasing, excluding from social groups
- Cyber All areas of internet ,such as email & internet chat room misuse  
Mobile threats by text messaging & calls  
Misuse of associated technology , i.e. camera & video facilities.  
Therefore, bullying can be online as well as offline.
- Social and reputational This can include sharing information about someone which isn't true or saying something deliberately to ruin a relationship or that persons reputation.

However, it is not bullying if two pupils of equal power and strength have an occasional fight or quarrel.

## **Why is it Important to Respond to Bullying?**

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

## **Objectives of this Policy**

- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
- All governors and teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.
- All pupils and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- The whole school takes bullying seriously. Pupils and parents are confident that they will be supported when bullying is reported.

## **Signs and Symptoms**

A child may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of possible signs such as a child who: is worried about going to and from school, changes their usual routine, is unwilling to go to school, becomes withdrawn anxious, or lacking in confidence, starts stammering, cries themselves to sleep at night or has nightmares, feels ill in the morning, school work begins to deteriorate, has possessions which are damaged or " go missing", asks for money or starts stealing money , has unexplained cuts or bruises, becomes aggressive, disruptive or unreasonable, is bullying other children or siblings, stops eating, is frightened to say what's wrong, gives improbable excuses for any of the above, is afraid to use the internet or mobile phone, is nervous & jumpy when a text/email/chat room message is received These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated

## **Prevention**

Through a caring ethos established in our assemblies, through class discussions, individual counselling, the School Council, and a posting box for problems we encourage children who are bullied physically or verbally to ask for help from staff and other children.

If parents or carers discover that a child is being bullied they must share their worries with the classteacher, Assistant Headteachers, Deputy Head or Headteacher. In this way the child will be supported and the bully dealt with effectively.

Staff will remind children termly that if they feel they are being bullied, that they must tell their parents and teachers. We prevent bullying in the following ways:

- Staff to praise children's positive social behaviour.
- Discuss issues about bullying in PSHCE.
- Help children to develop strategies to solve conflicts constructively
- Staff to be aware and monitor any possible problems
- Pupils to understand their emotions and be able to share them during Pastoral Lessons. Each classroom has a Zones regulation display which can be referenced when talking to an adult.

### **What the school will do.**

The school will:

- Take bullying seriously and stop the bullying immediately
- Support the child being bullied
- Unpick and try to understand why the child has felt the need to bully to prevent the situation from re-occurring
- Involve parents and carers at an early stage
- Investigate the facts of any incident and meet those concerned individually
- Record incidents in a consistent way to facilitate monitoring
- Help children to develop positive strategies and appropriately assertive skills
- Try to help the bully to change his/her behaviour
- Offer support to the family of the child who has been bullied but also offer support to the family of the bully
- Break up bullying groups where necessary
- Use peer group pressure to actively discourage bullying
- Involve children in class and school rules through in-class discussion and the School Council
- Be concerned about bullying on the way to and from school
- Involve outside agencies as appropriate
- Provide support for vulnerable children.
- We will react firmly and promptly when bullying is identified.
- Children who are being bullied will be strategically protected.
- Children who bully will be given the chance to discuss their own problems with the class teacher, one of the two Deputy Heads or the Head.
- Incidents will be recorded on a behaviour incident form. These are stored in the office and are monitored on a daily and weekly basis.
- Sanctions will be determined according to the individual case and in line with our behaviour policy.

### **Summary:**

- The school will does everything in their power to support the child who is the victim of bullying.



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- The school will do everything they can to reconcile the children in order to prevent repeat incidences.

## **What is Cyber-bullying?**

- The rapid development of, and widespread access to, technology has provided a new medium for 'virtual' bullying, which can occur in or outside school.
- Cyber-bullying is a different form of bullying and can happen at all times of the day, with a potentially bigger audience, and more accessories as people forward on content at a click.

## **Additional signs that a pupil may be being bullied online**

- Upset after using the internet or his/her mobile phone
- Avoiding going to school and/or meeting friends
- Suffering from low self-esteem

## **Prevention:**

- Pupils will receive regular e-safety lessons, which incorporate cyber-bullying.
- The school will run workshops and assemblies at least once a year on the importance of staying safe online and understanding cyber-bullying.
- Pupils are not permitted to bring phones into the school building. Those pupils who have phones must hand them into the school office.
- Pupils are taught how to prevent and respond to cyber-bullying as part of PSHCE lessons in KS2.
- The school staffs try to keep up to date with new online trends that pupils use.

## **The school's response to cyber bullying**

- The school will try to contain the incident when content has been circulated to other people
- We will contact the young person's parents/carers in line with the school's anti-bullying policy

- Working with the person responsible for the bullying and making him/her aware of the consequences of this behaviour
- Applying consequences as outlined in the school's anti-bullying policy, and considering whether a restorative approach might be appropriate
- Considering whether the matter should be reported to the police, if the content is illegal

### **Monitoring and Reporting Bullying**

The Headteacher and Deputy will report all incidents of bullying to the trust and governing body at termly meetings.

**GUIDANCE FOR PARENTS AND CARERS**

**It is always a good idea to take an active part in your child's social life, know where they are and who they are with, and chat about friends and their activities in and out of school. As well as keeping up to date with your child's friendships you may learn of disagreements or difficulties.**

**CHILDREN WHO HAVE BEEN BULLIED MAY:**

- Be unwilling to attend school
- Be frightened of walking to and from school
- Change their route to school
- Show a change in their classroom behaviour or their work
- Come home with books or personal belongings damaged
- Request money or begin to steal money
- Have unexplained injuries
- Suffer mysterious illness
- Refuse to say what is wrong
- Give improbable excuses to explain any of the above

**If parents discover that a child is being bullied they must share their worries with the classteacher, Assistant Headteacher, Deputy Head or Headteacher. This will both support the child and ensure that the bully is dealt with effectively.**

**We will react firmly and promptly where bullying is identified. There are a range of sanctions available to staff depending on the seriousness of the situation.**

**WE WILL ALWAYS TRY TO HELP: THE SCHOOL HAS CLEAR BEHAVIOUR MANAGEMENT STRATEGIES WHICH DISCOURAGE VOILENCE OR INTIMIDATION.**

## **GUIDANCE FOR CHILDREN**

**Remember we will listen**

**If you are being bullied here are some things you might try:**

- Tell an adult or write a confidential note to your classteacher
- Try not to show that you are upset - this is difficult
- Tell yourself that you don't deserve it
- Walk confidently even if you don't feel confident
- Avoid being alone in places where bullying may happen
- Stay with groups of people even if they are not your friends
- Get together with friends and say NO loudly to the bully
- Try not to fight back: tell a teacher
- If you are in danger get away
- If you are different in some way show you are proud of it – it's good to be an individual

## **We can all help to stop bullying**

- Don't stand and watch.....get help
- Show that you and your friends disapprove
- Give sympathy and support to children being bullied
- Be careful not to tease or make personal remarks.....imagine how you might feel
- If you know of bullying that is going on tell a trusted adult or write a confidential note

*Due to be reviewed in September 2026*