

ANTI - BULLYING

At Chesterton CE Primary School we are committed to ensuring that pupils learn in a supportive, caring and safe environment without the fear of being bullied.

Bullying of any kind is unacceptable in our school.

However, we recognise that:

Sadly, bullying will happen from time to time and the fact that it is not always reported does not mean it is not happening.

Bullying makes children's lives unhappy and can hinder learning

What Is Bullying?

It is important to make the distinction between bullying and children falling out with each other. Falling out is an inevitable part of a child's life that they need to learn to cope with.

Rude

If someone says or does something that is unintentionally hurtful, and they only do it once, they are being **Rude**.

Mean

If someone says or does something that is intentionally hurtful, and they only do it once, they are being **Mean**.

Bullying

If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is **bullying**.

Types of Bullying

Bullying can take many forms, but it usually includes the following types of behaviour:

- ✧ Physical - hitting, kicking, pinching, punching, scratching, spitting and taking belongings
- ✧ Verbal - name calling, insulting, making offensive remarks
- ✧ Indirect - spreading nasty stories about someone, exclusion from social groups, being made the subject of malicious rumours, sending abusive mail, e-mail and text messages and abuse through social networking sites

Worried your child is being bullied?

Bullying is a serious problem and can be upsetting for both you and your child. Children may find it hard to talk about being bullied or bullying others. You may not be sure if your child is being bullied, but there are some signs that may suggest that there is a problem:

- ✧ Excuses to stay off school, such as stomach complaints or headaches
- ✧ An unexplained change to your child's behaviour
- ✧ A change to eating habits
- ✧ Your child feeling unusually anxious
- ✧ Bed wetting
- ✧ Torn clothes, bruises, missing belongings

There could be other reasons for these symptoms, so don't jump to conclusions. Is there anything else that could be bothering your child? Have there been changes in your family like a new baby, a death or divorce.

ADVICE FOR PARENTS

If your child has been bullied:

✓ Make sure your child is not afraid to ask for help.

✓ Calmly talk to your child about his/her experiences. Consider whether what your child is describing is bullying and whilst supporting your child, be objective.

✓ Make a note of what your child says - including how often the bullying has occurred, where it happened, who is involved.

✓ Reassure your child that you will be working with the staff at the school to ensure that the bullying stops without making the situation worse for them.

✓ Inform the school - via your child's class teacher in the first instance.

✓ Advise your child not to fight back as it can often make matters worse.

Is your child bullying others?

Children sometimes bully others because they do not know that it is wrong, or they are copying an older sister, brother or even adult behaviour. They may be going through difficult times or are scared and have low self-esteem themselves.

What will the school's response be?

- We will take your child's concerns seriously.
- We will investigate the incident(s), talking separately with all the children involved.
- If bullying has occurred, we will record the incident; the person who has behaved in a bullying manner will receive a warning and will be asked to apologise.
- Those who bully will be subject to sanctions in line with the school's Behaviour Policy; and the targets of bullying will continue to receive support from identified members of staff.
- Adult mediation may be used between the child being bullied and the child doing the bullying to discuss what has happened and how it has made the children feel.
- The target of the bullying will be assured that they should immediately report any future incidents and know that they will be listened to.
- We will ensure extra supervision and monitoring of the children's behaviour over the following few days to check that all is well.
- We will inform parents of the outcome of the investigation and keep in touch until it is felt there is no longer any risk of bullying.
- If there are repeated or serious incidents, parents will be informed and invited to meet with the class teacher or Head Teacher.
- In extreme cases, the school may involve the external Behavioural Support Services or Educational Psychologist.
- The school also reserves the right to exclude children whose behaviour remains wholly unacceptable (withdrawal of playtime privileges; withholding participation in school activities e.g. trips; fixed term exclusion or permanent exclusion).

What can your child do if they are bullied?

We teach the children:

- To try to stay calm and look confident.
- To ignore the bullying.
- To be firm and clear – look them in the eye and tell them to stop.
- To say clearly that what the bully is doing is not acceptable.
- To get away from the situation as quickly as possible.
- To stay with a group or seek out other friends.
- To tell an adult what has happened straight away.
- To realise that if they are bullied, it is not their fault.
- Keep speaking up if the bullying continues.

Parents should not instruct children to 'give as good as they get' or hit back. This simply leads to further problems. We help children to be assertive rather than aggressive.

FURTHER INFORMATION

Our school policy is available on the school website.

Other Useful websites:
Oxfordshire County Council -
www.oxfordshire.gov.uk/cms/content/anti-bullying
Parentline Plus -
www.parentlineplus.org.uk
Anti-bullying Alliance
www.antibullyingalliance.org
Kidscape
www.kidscape.org.uk
Childline
www.childline.org.uk
0800 1111

Chesterton CE Primary School
Alchester Road
Chesterton
Bicester
Oxfordshire
OX26 1UN



CHESTERTON CE PRIMARY SCHOOL

ANTI-BULLYING LEAFLET FOR PARENTS



Chesterton CE Primary School
Generosity Integrity Humility Compassion Respect Resilience