



Exwick Heights Primary School

ANTI-BULLYING POLICY AND STRATEGY

RATIONALE:

Bullying is threatening or dominating behaviour towards other people with the calculated intention to hurt or frighten them physically and/or emotionally. It is usually, but not always, repetitive.

Children have a right to receive education free from humiliation, oppression and verbal, physical and mental abuse.

PURPOSES:

1. To ensure a caring and protecting environment in which children can learn happily.
2. To raise awareness about bullying and being bullied.
3. To provide strategies to prevent bullying.
4. To set out clear procedure in the event of bullying.

GUIDELINES FOR STAFF:

1. Create an atmosphere where pupils feel safe enough to share their feelings; provide opportunities for discussion of problems.
2. Make the curriculum a vehicle for positive behaviour.
3. Provide good adult role models.
4. Be aware of the more vulnerable individuals.
5. Ensure that all parties know that bullying is unacceptable, and that the procedure will be brought into use immediately.
6. Identify potential times and locations when and where bullying might take place.
7. Give children a framework for action if they are being bullied or observe a bullying incident, emphasising that observers are involved and have a role to play, ie 'children's Anti-bullying Strategy'.
8. Have a clear procedure to follow should bullying occur and make it explicit to all staff, pupils, parents and governors.

GUIDELINES FOR STAFF: PROCEDURE WHEN A BULLYING INCIDENT IS REPORTED

Alleged bullying incidents should be investigated by the class teacher and logged on CPOMS. Where substantiated, it will be reported to the headteacher/deputy headteacher who will record the incident and decide on the appropriate course of action.

Phase 1:

Follow-up Action – Investigation

Appropriate action should be taken by the class teacher as soon as possible after the bullying incident, eg listen to the person being bullied (separately); listen to the observers (separately), listen to the accused – separately.

Action to stop it happening again

It is most important to:

- Offer the person being bullied support and assure the person that action will be taken.
- Make a clear decision to determine how change will occur in the bully's behaviour, eg contract of non-bullying – bringing all parties together – large group discussions through PSHE.

Phase 2:

If, after an allocated period of time of following up incidents with both the bully and the victim, there is re-occurrence, the situation will be reported to either the Headteacher or the Deputy Headteacher. Any written records should also be available.

At this stage parents will be consulted.

Sanctions may be taken up.

GUIDELINES FOR PARENTS

1. It would be valuable if you took an active interest in your child's social life, discussing friendships, how playtime is spent and the journey to and from school.
2. Watch for signs of distress in your child as they can be indicators that your child is being bullied. For example:
 - Their un-willingness to attend school.
 - Pattern of headaches/stomach aches.
 - Belongings missing.
 - Request for extra pocket money.
 - Damaged clothing.
 - Bruising.
3. If you think your child is being bullied inform the school immediately. Advise your child to tell an adult at school immediately after any bullying incident.
4. Reassure your child that something will be done to stop the bullying.

TALK - WATCH – TELL - REASSURE

ONLINE BULLYING

What is Online Bullying?

Online Bullying is an increasingly common form of bullying behaviour which happens on social networks, games and mobile phones. Online Bullying can include spreading rumours about someone, or posting nasty or embarrassing messages, images or videos.

Children may know who's bullying them online – it may be an extension of offline peer bullying - or they may be targeted by someone using a fake or anonymous account. It's easy to be anonymous online and this may increase the likelihood of engaging in bullying behaviour.

Online Bullying can happen at any time or anywhere - a child can be bullied when they are alone in their bedroom - so it can feel like there's no escape.

Online Bullying includes:

- sending threatening or abusive text messages

- creating and sharing embarrassing images or videos
- 'trolling' - the sending of menacing or upsetting messages on social networks, chat rooms or online games
- excluding children from online games, activities or friendship groups
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- voting for or against someone in an abusive poll
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- sending explicit messages, also known as sexting
- pressuring children into sending sexual images or engaging in sexual conversations.

Strategies to safeguard against Online Bullying:

Exwick Heights has a strong school ethos that bullying (in any of its forms) is not acceptable. Robust procedures are in place for reporting and dealing with such incidents. (see above)

The Digital Literacy part of the Computing Curriculum addresses the specific nature of Online Bullying with units of work in Years 2, 4 and 6. PSHE lessons, regular assemblies and activities help children to understand the seriousness of online bullying and the impact that it has on the victim. The school keeps records of online bullying and these are followed up using the schools anti-bullying policy. Message boxes are kept in classrooms where children can report incidents of bullying and this can be done anonymously if needed.

Parents receive the online safety magazine produced by Vodafone and regular online safety messages are given through the school blog and newsletters. Parents are regularly reminded and advised about social networking sites, where children may be vulnerable to online bullying, and informed about age restrictions and guidance to protect. Exwick Heights recommends appropriate and moderated social networks with robust reporting tools. Exwick Heights promotes websites that create positive learning experiences such as Oxford Owl, Teach your Monster to Read, Spelling Shed and Discovery Education.

All staff at Exwick Heights Primary receive annual online safety training to ensure that everyone's knowledge is up to date with regard to the latest online trends and developments.

GUIDELINES FOR CHILDREN

It is important that the children tell an adult if they are being bullied or know someone else who is. There are lots of people who want to help. They must remember that they haven't done anything wrong and don't have to go through it alone.

This policy was agreed by the local governing body at Exwick Heights Primary School April 2020 and was last reviewed January 2022.

It will be reviewed bi - annually.