

# ANTI - BULLYING

All the adults at Brize Norton 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:

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 friends falling out with each other. Falling out is an inevitable part of a child's life that they need to learn to cope with.

Bullying is:

'The repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power. Bullying can be carried out verbally, physically, emotionally or through cyberspace.'

## Types of Bullying

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

- Physical - pushing, kicking, hitting, punching or any use of violence or threatening behaviour
- Verbal - name-calling, spreading rumours, persistent teasing, making offensive remarks
- Emotional or relational - being unfriendly, threatening, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation, exclusion from groups or activities, isolating and ostracising someone, 'gaslighting'
- Cyber - all areas of internet and wireless technology, such as email and internet chat room misuse, mobile threats by text messaging and calls, misuse of associated technology i.e. camera and video facilities

## 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 anxious or insecure
- Bed wetting
- Torn clothes, bruises, missing belongings

There could be other reasons for these symptoms, so don't jump to conclusions.

## ADVICE FOR PARENTS

### If your child has/is being bullied:

- ✓ Make sure your child is not afraid to ask for help.
- ✓ Calmly talk to your child about his/her experiences. Consider if 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.
- ✓ Encourage your child to keep a diary of events.
- ✓ Inform the school - via your child's teacher or Mrs Jones.
- ✓ 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 have an unmet need. They may be going through difficult times themselves or are scared and have low self-esteem.

### 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 and respond accordingly in line with our Anti-Bullying Policy.
- Those who bully will be subject to natural consequences in line with the school's Behaviour and Relationships Policy, as well as the Anti-bullying Policy; and the targets of bullying will continue to receive support from identified members of staff.
- When the time is right, restorative conversations may be used between the child being bullied and the child doing the bullying in order to restore the relationship.
- 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 and weeks 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 Behavioural Support Service and other external support providers.
- The school also reserves the right to fixed-term suspend children whose behaviour remains wholly unacceptable for part/key times of the day, including lunchtimes. Alternative provision during these times may also be sought to ensure safety for all.

### What can your child do if they are bullied?

We teach the children:

- 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.
- TALK!

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.

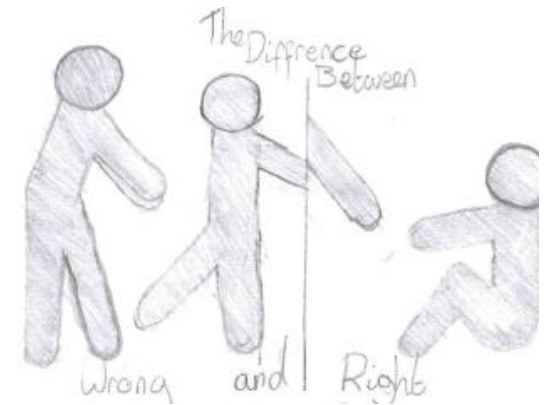


Brize Norton Primary School  
Station Road  
Brize Norton  
Oxfordshire  
OX18 3PL



# BRIZE NORTON PRIMARY SCHOOL

## ANTI-BULLYING Leaflet for Parents



We **SHINE** for  
ourselves and  
each other with  
kindness.