

**We believe that all children have a right to stay safe from bullying and discrimination and will ensure that our school community will do everything to prevent bullying taking place.**

**At North Denes Primary School, we respect everyone and accept differences.**

We recognise that bullying destroys children's enjoyment of school and limits their ability to learn. Bullying can lead to anxiety, insecurity, low self-esteem and depression.

We aim to provide education without fear and will therefore take all bullying problems seriously.

**Bullying is:**

- Deliberately hurtful
- Repeated
- Difficult to overcome

It can be:

Physical: eg.	hitting, kicking, pushing, tripping
Verbal: eg.	name-calling, taunting, mocking, making rude comments, gossiping, spreading rumours
Emotional: eg	tormenting threatening, humiliating, gesturing, excluding from groups,
Racist: eg	Graffiti, comments, name-calling, taunting, mocking, making rude comments
Sexual: eg	abusive comments, unwanted contact, homophobia
Cyber: eg	Text messaging, mobile phone calls, picture/ media clips (via mobile phone cameras), e-mail, chat rooms, instant messaging and websites

**Victims**

Anyone can be bullied for any reason although it is usually linked to difference. Some children may be particularly vulnerable due to appearance, background, ethnicity, special needs or home life.

**Bullies**

Children bully in order to hide their own inadequacies

**Signs of Bullying**

As well as informing you directly, teachers and parents should be aware that there are many other signs of bullying.

Children may:

- be frightened of walking to and from school
- be unwilling to go to school
- beg parents to drive them to school
- change their route to school
- begin to perform poorly in their school work

- come home regularly with clothes or belongings damaged
- come home hungry (snack or dinner taken)
- become withdrawn
- become depressed
- stop eating properly
- cry
- have nightmares
- have unexplained bruises, scratches, etc
- have possessions go missing
- ask for money or begin stealing
- continually lose money
- refuse to say what's wrong
- forget games kit
- become easily upset
- give impossible excuses to explain any of the above

### **It is everyone's responsibility to ensure bullying is not taking place**

We will find out about bullying by :

- Listening
- Listening to pupils in Circle Time
- We will rely on School Councillors and Playground Buddies to raise concerns
- We will look at the results of questionnaires
- Our Pastoral Care worker will hold Parent Drop ins and will keep a post box to enable problems to be shared.

### **Dealing with Incidents of Bullying**

Bullying will not be tolerated and every incident will be taken seriously and investigated thoroughly.

All information will be considered carefully and where appropriate we will use Restorative Approaches

The victim will be supported to overcome any further bullying

The bully will be supported to help them change their behaviour

Any form of retaliation will be severely dealt with

Reports of bullying will be recorded on incident forms with records of actions taken

Incident forms will be shared with relevant adults.

### **Possible Actions**

Agreed sanctions will be implemented in line with the schools behaviour policy

Parents will be fully included in the process

### **In our school everyone is special**

Everyone can be rewarded. We hold a weekly Good News Assembly where everyone can earn a certificate or share their talents. In class Circle Time we will praise each other. We will also share our feelings, including talking about behaviour we don't like with help to achieve the desired change.

**Children who inform on bullying will be rewarded with a Citizen Against Bullying Certificate.**

This policy will be reviewed annually during anti-bullying week in November, in line with our whole school policy review cycle.

**DO NOT PUT UP WITH BULLYING**

If you are being bullied tell someone you can trust, a friend, someone in your family, someone in school.

**Know your rights.**

It is not your fault you are not alone.

**Know your responsibilities.**

Listen and support others if they are being bullied. If you are aware of any form of bullying in our school, tell an adult.

Useful information:

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk) for information, resources and advice on all aspects of bullying

[www.childline.org.uk](http://www.childline.org.uk) Childline: 24 hour helpline 08001111

[www.there4me.org.uk](http://www.there4me.org.uk) NSPCC: Helpline 0808 800 5000

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) Parentline Plus: Help for parents 0808 800 2222

[www.kidscape.org.uk](http://www.kidscape.org.uk) Kidscape: Helpline for parents 084551 205 204

[www.bbc.co.uk/schools/bullying](http://www.bbc.co.uk/schools/bullying)

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.cyberbullying.org](http://www.cyberbullying.org)

[www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying)