



Lings Primary School

ANTI-BULLYING POLICY

Statement of Intent

At Lings Primary School we are committed to providing a warm, caring and safe environment for all of our children and adults so that they can learn, play and work in a relaxed and secure setting. Everybody has the right to be treated with respect; bullying of any kind is unacceptable and will not be tolerated in our school. We take all incidents of bullying seriously. We are a TELLING school. This means that anyone who knows that bullying is happening is expected to tell the staff. At Lings Primary School, when bullying does occur, everyone should know that incidents will be dealt with promptly and effectively in accordance with our anti-bullying policy.

Aims and Objectives of this Policy

The aim of this policy is to try and prevent and deal with any behaviour deemed as bullying. The implementation of this policy will create an ethos where bullying is regarded as unacceptable so that a safe and secure environment is created for everyone to learn and work in. All members of the school have a responsibility to recognise bullying when it occurs and take appropriate action in accordance with the school policy. This will happen in the following ways:

- The school will meet the legal requirement for all schools to have an anti-bullying policy in place.
- The school will work closely with other professional agencies to ensure that children stay safe as stated in The Children Act 1989, 2004, The SEN and Disability Act 2016, Keeping Children Safe in Education 2022 and Working Together to Safeguard Children 2018.
- All governors, teaching and non-teaching staff, pupils and parents/carers will have an understanding of what bullying is.
- All governors, teaching and non-teaching staff will know what the school policy is on bullying and will consistently and swiftly follow it when bullying is reported.
- All pupils and parents/carers will know what the school policy is on bullying and what they can do if bullying occurs.
- Whole school initiatives (staff training, celebration assemblies etc) and proactive teaching strategies (Protective Behaviours, PHSE [Personal, Health & Social Education] lessons, circle time etc) will be used throughout the school to reduce the opportunities for bullying to occur.
- A positive, caring ethos will be created within the school environment where everyone can work, play and express themselves, free from the fear of being bullied.



What Is Bullying?

The school has adopted the following collaborative definition of bullying which is our shared understanding of what bullying is:

Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards other people. It is repeated over a period of time and it is very difficult for the victims to defend themselves. We use the strapline STOP (Several Times on Purpose) to help our children understand what bullying is and what it isn't. Bullying is mean and results in worry, fear, pain and distress to the victim.

Bullying can be:

- Emotional: being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation
- Verbal: name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone
- Physical: pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things
- Racist: racial taunts, graffiti, gestures, making fun of culture and religion
- Sexual: unwanted physical contact or sexually abusive or sexist comments
- Homophobic: because of/or focussing on the issue of sexuality
- Online/cyber: setting up 'hate websites', sending offensive text messages, emails and abusing the victims via their mobile phones
- Any unfavourable or negative comments, gestures or actions made to someone relating to their disability or special educational needs.

Bullying is not:

It is important to understand that bullying is not the odd occasion of falling out with friends, name-calling, arguments or when the occasional trick or joke is played on someone. It is bullying if it is done **Several Times on Purpose** (STOP). Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship difficulties and breakdowns. We all have to learn how to deal with these situations and develop social skills to repair relationships.

Where does bullying happen?

It can happen anywhere – in the classroom, in the corridor, in the toilets, in the dining hall, in the playground. Bullying may also happen on the way to and from school.

At Lings Primary School, we are concerned with our children's conduct and welfare outside as well as inside school and we will do what we can to address any bullying issues that occur off the school premises. The following steps may be taken:



- Talk to the local Community Police Officer about problems on the streets
- Talk to the Head Teachers of other schools whose children may be involved in bullying off the premises
- Map out safer routes to school for children
- Discuss coping strategies with parents
- Talk to the children about how to handle or avoid bullying outside the school premises.

Signs and Symptoms

A child may indicate, by different signs or behaviour, that he or she is being bullied.

Adults should be aware of these possible signs and investigate further if a child:

- is frightened of walking to or from school
- doesn't want to go to school
- becomes withdrawn, anxious or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to under-perform in school work
- comes home with clothes torn or books damaged
- has possessions go "missing"
- asks for money or starts stealing money (to pay the bully)
- has unexplained cuts or bruises
- comes home starving (money/snack/sandwiches have been stolen)
- becomes aggressive, disruptive or unreasonable
- starts swearing or using aggressive language for no apparent reason
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be taken seriously and investigated as soon as possible.

What can you do if you are being bullied? – we can do this with our children as a class exercise.

- Tell someone! This could be a teacher, a member of staff in school, your parents or another adult you can trust.
- If you don't feel like talking, put a worry in the class worry box.



Wherever you are in school, you have the right to feel safe. We need to remember our two Protective Behaviour themes: We all have the right to feel safe all of the time, we can talk to somebody no matter how big or small it is. Nobody has the right to make you feel unhappy. If someone is bullying you, it is important to remember that it is not your fault and there are people who can help you.

What can you do if you see someone else being bullied? (*The role of the bystander*)

Ignoring bullying is cowardly and unfair to the victim. Staying silent means the bully has won and gives them more power. There are ways you can help without putting yourself in danger. The children have also discussed this question in class and some of the strategies they suggested are listed below:

- Tell someone! This could be a teacher, a member of staff in school, your parents or another adult you can trust.
- If you don't feel like talking, put a worry in the class worry box.
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Bullying of children with Special Educational Needs

Lings Primary School is an inclusive school. We provide a secure, accepting, safe and stimulating environment where everyone is valued for who they are. We have some children who have learning disabilities and/or communication difficulties. Everyone involved in the school is very aware that these children can be especially vulnerable to bullying and we are therefore particularly vigilant at all times.

High attainers, gifted or talented pupils can also be affected by bullying. Staff will treat this type of bullying as seriously and in the same way as any other type of bullying.

Procedures for reporting and responding to bullying incidents

All staff will respond calmly and consistently to all allegations and incidents of bullying at Lings Primary School. They will be taken seriously by all staff and dealt with impartially and promptly. All those involved will have the opportunity to be heard. Staff will protect and support all children involved whilst allegations and incidents are investigated and resolved.

The following step-by-step procedure will be used for reporting and responding to bullying allegations or incidents:

1. Report all bullying allegations and incidents to staff.
2. Staff will make sure the victim(s) is and feels safe.
3. Appropriate advice will be given to help the victim(s).
4. Staff will listen and speak to all children involved about the incident separately.
5. The problem will be identified and possible solutions suggested.
6. Staff will attempt to adopt a problem solving approach which will move children on from them having to justify their behaviour. Restorative Justice may be used as part of this approach.
7. Appropriate action will be taken quickly to end the bullying behaviour or threats of bullying.



8. Staff will reinforce to the bully that their behaviour is unacceptable.
9. The bully (bullies) may be asked to genuinely apologise. Other consequences may take place and appropriate sanctions applied (see next section).
10. An attempt will be made, and support given, to help the bully (bullies) understand and change his/her/their behaviour, eg: links with Restorative Justice.
11. Incidences of bullying will be recorded by staff on the standard Incident Report Sheet. All reports will be kept in a file in the school office (Appendix 2).
12. Parents will be informed. In more serious cases, parents will be invited to come into school for a meeting to discuss the problem.
13. After the incident has been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.
14. Bullying incidents will be discussed regularly at staff meetings, Case Review Meetings and AIN/LGB meetings.
15. If the most serious of cases, Social Services or police will be consulted.

Strategies for the prevention and reduction of bullying

Whole school initiatives and proactive teaching strategies will be used throughout the school to develop a positive learning environment with the aim of reducing the opportunities for bullying to occur.

These can include:

- Weekly PSHE (Personal, Social, Health Education) lessons taken from the Jigsaw scheme of work from Reception through to Year 6.
- Protective Behaviour lessons to take place every year from Reception to Year 6. The themes of Protective Behaviours to be regularly revisited during class work and assemblies, throughout the year.
- Regularly reminding the whole school of our school rules both in assembly and in class.
- Involving the whole school community in writing and reviewing the policy
- Undertaking regular questionnaires and surveys to monitor the extent of bullying in the school and the effectiveness of our anti-bullying policy
- Producing a 'child friendly' version of the policy for the children
- Each class agreeing on their own set of class rules
- Making national anti-bullying week a high profile event each year
- Awareness raising through regular anti-bullying assemblies and in class reflection time
- Circle time on bullying issues
- Setting up of a circle of friends support network where a small group of children volunteer to help and support an individual experiencing difficulties
- Children writing stories and poems and drawing pictures about bullying
- Children being read stories about bullying
- Using drama activities and role-play to help children be more assertive and teach them strategies to help them deal with bullying situations
- Creation of an anti-bullying school notice board in the school



- Prominently displaying anti-bullying posters produced by the children around the school
- Use of confidential 'Worry' boxes in each class where children can write and post their concerns and ideas
- Introducing playground improvements and initiatives, such as the 'Buddy Benches'
- Training Y5 or Y6 pupils to be Play Leaders
- Using praise and rewards to reinforce good behaviour
- Encouraging the whole school community to model appropriate behaviour towards one another
- Following the Behaviour Policy consistently across the school

Monitoring and evaluation of the policy

To ensure this policy is effective, it will be regularly monitored and evaluated. Questionnaires completed by the whole school community, together with surveys, focus groups, children's comments posted in the 'Worry' box and bullying incident forms will be used to gauge the effectiveness of the policy. Following an annual review any amendments will be made to the policy and everyone informed. An annual report will then be issued to governors and parents and the policy will be distributed to all parents.

Sources of further information, support and help:

There is a vast amount of information and guidance available about bullying that can provide a wide range of support and help. The following list is just a small selection of the support available that teachers, parents and children have found useful.

| Name of organisation | Telephone number | Website |
|-------------------------------------|----------------------------|--|
| Act Against Bullying | Not available | www.actagainstbullying.com |
| Advisory Centre for Education (ACE) | 0207 704 3370 | www.ace-ed.org.uk |
| Anti-bully | Not available | www.antibully.org.uk |
| Anti-Bullying Alliance (ABA) | 0207 843 1901 | www.anti-bullyingalliance.org.uk |
| Anti-bullying Network | 0131 651 6103 | www.antibullying.net |
| Beatbullying | 0845 338 5060 | www.beatbullying.org.uk |
| Bully Free Zone | 01204 454 958 | www.bullyfreezone.co.uk |
| Bullying Online | 020 7378 1446 | www.bullying.co.uk |
| BBC | Not available | www.bbc.co.uk |
| Childline | 0800 1111 (helpline for | www.childline.org.uk |



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| | 020 7730 3300 (general enquiry number) | www.kidscape.org.uk |
| Kidscape | 08451 205 204 (helpline for adults only) | www.beyondbullying.com |
| NSPCC | 0207 825 2500 | www.nspcc.org.uk |
| Parentline Plus | 0808 800 2222 | www.parentlineplus.org.uk |
| The Children's Legal Centre | 0800 783 2187 | www.childrenslegalcentre.com |
| The Office of the Children's Commissioner | 0844 800 9113 | www.childrenscommissioner.org.uk |
| UK Government Website | Not available | www.direct.gov.uk |

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| This policy was approved and adopted by the Governing Body | Date: 03 May 2022 |
| To be Reviewed | Date: May 2024 |

Signed: _____