

Wessington Primary School Anti-Bullying Policy

Review Date: Autumn 2025
Next review date: Autumn 2026
Person in charge: Headteacher

“At Wessington Primary School we aim to keep everyone safe.
We want to educate all pupils of the school about
what bullying is, the different types of bullying, how it can be
stopped and why people bully.”
-Wessington School Council-
2023



Aims of our Policy:

- To create a safe place where children feel comfortable and are able to reach their goals.
- To make sure all children are listened to and valued.
- To help and support people who are involved in any type of bullying, sorting out their problems as quickly as possible.
- To make sure all reports of bullying are looked into.
- To make sure children who are bullied feel safe.
- We recognise that particular students may be more vulnerable because of all or some of the following:



Learning difficulties and or disabilities

Physical appearance or health conditions

Social circumstances

Race, religion and culture

Rights and Rules:

School Rights

- Pupils have the right to learn. (article 28)
- Teachers have the right to teach. (article 28)
- Everybody has the right to safety (physical & psychological). (article 19)
- Everybody has the right to dignity and respect (article 2)

School Rules

- Follow instructions at all times.
- Keep hands, feet and objects to yourself.
- Be polite, helpful and show respect to everyone (No name-calling, swearing, back answering or put-downs).
- Walk sensibly and quietly around the school.
- Keep our school tidy, clean and in good condition.

What is bullying?

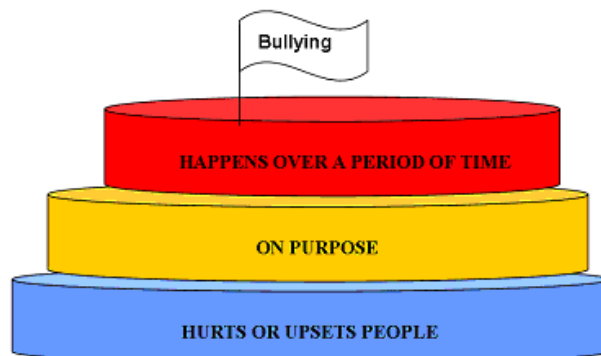
Bullying is when a person or group of people hurt and upset someone on purpose and it happens over a period of time.

What is NOT bullying?

Bullying is not falling out with friends then making up or having a bad day.



Bullying is not having a one off fight or argument with someone.

- Someone has to do something to you that you don't like and it hurts and upsets you.
- You must make sure that the person has done this on purpose and not by accident.
- Bullying happens more than once and the same people must be involved.



What kinds of bullying are there?

Some people think that there is only one type of bullying, but that is not true. There are 6 main types of bullying. We have listed them below and have given examples of each so you understand that one type of bullying is not the same as another type of bullying.

<p><u>1. Emotional Bullying:</u></p> <p>We think that this is the main type of bullying as it upsets our feelings and the other types of bullying all involve Emotional Bullying.</p> <ul style="list-style-type: none"> • Dirty looks • Ignoring someone • Leaving someone out of games • Laughing at someone • Trying to get others into trouble 	<p><u>2. Verbal Bullying:</u></p> <ul style="list-style-type: none"> • Calling someone names • Spreading rumours • Whispering • Shouting at someone 
<p><u>3. Physical Bullying:</u></p> <ul style="list-style-type: none"> • Punching • Kicking • Slapping • Spitting • Nipping • Pulling Hair 	<p><u>4. Cyber Bullying:</u></p> <ul style="list-style-type: none"> • Sending someone nasty texts • Upsetting others by e-mails • Using certain web-sites • Taking pictures or video of someone being hit • Leaving unpleasant comments about people on social media. 
<p><u>5. Racist Bullying:</u></p> <ul style="list-style-type: none"> • Calling someone because of their skin colour • Picking on someone because of the clothes they wear • Making fun of how someone speaks • Upsetting others because of where they live. • Calling someone names because of their religion. 	<p><u>6. Gender Bullying:</u></p> <ul style="list-style-type: none"> • Abusive comments about a person's gender • Spreading rumours about a person's identity • Unwanted physical contact

Signs of Bullying

Someone may be being bullied if:

- They are frightened to walk to and from school.
- They change their usual route.
- They will only go to places if their parents/carers go with them.
- They don't want to go to school.
- They often feel ill in the mornings.
- They start to stay off school.
- They begin to do poorly in their schoolwork.
- They come home with their clothes or bag ripped.
- They don't want to eat.
- They don't want to be involved with other pupils.
- They have unexplained bruises, cuts or scratches.
- They begin to bully other pupils.
- They lie about how they feel.

Not all of these signs mean that they are being bullied but if you notice that someone is showing more than one of these signs, it would be a good idea to ask if they are ok or tell a teacher.



What we can do to support others who are being bullied

• T

tell someone who you trust such as a teacher, friend, Anti-Bullying team member or family member.

- Keep a diary of everything that has happened as this will give your teacher all the information they will need to help stop the bullying (you can use the diary on the following page).
- Try to meet friends on the way to school.
- Stay away from places where the bullies might be.
- Try to stay with a group.
- If you see a bully coming towards you don't run away, try your best to walk away slowly.
- Report any bullying to a teacher.
- Ask them to stop what they are doing.
- You can call Childline on 0800 1111

Remember that telling is the only way you can stop bullying and our teachers will help you.



Keeping a diary

Keeping a diary is a very good idea, especially when you are not ready to tell anyone that you are being bullied.

Below is an example:

Name
Class
Date
Who has been bullying you?
What has the bully done?
Where has the bullying happened?
When does the bullying happen?

Remember-

- Keeping a diary will NOT stop the bullying but it will show all the bullying incidents to your teacher.
- Keep your diary somewhere safe.
- Never keep a diary for a long time without telling someone.

What will happen when you tell a member of staff

If you are being bullied and you tell a member of staff at our school this is what will happen:

- They will listen to you and make you feel valued.
- They will be understanding and not blame you.
- They will only tell people who need to know like your class teacher or parents.
- They will contact the parents of the victim and the bully.
- They will not embarrass you.
- They will never leave you alone with the bully.
- They will offer you support and advice.
- They will try their best to stop the bullying.
- They will check on you even when the bullying has stopped.
- They will support you and your family.
- They will help the person who is bullying others to stop what they are doing.

Each bullying incident is different and may need to be handled by a teacher in a different way.



How to report a bullying incident and what will happen:

Step 1

You need to tell someone whom you trust, like your teacher or another member of staff. They will ask you questions such as:

- What has happened?
- Where has the bullying taken place?
- Who has been bullying you?
- Who has witnessed the bullying?

Don't worry if you get upset, as the staff member will wait until you are ready. This is why keeping a diary is a good idea.

Step 2

Once the member of staff has all of the information, they will then ask you what ideas you have to resolve the problem. It is important that you are honest with your answer. They will tell you what they will do next, so you will always know what is going to happen. They will talk to your teacher the same day the bullying is reported.

Step 3

Your teacher will need to speak to the bully and find out their side of the story. This will happen the day the bullying is reported. All incidents of bullying will be dealt with in different ways; most cases of bullying will be resolved at this stage. Sometimes the person who has been bullying will not be aware of how they have made the other person feel. Parents will receive a phone call to discuss reports of bullying. Parents are sometimes asked to attend a meeting at school; don't worry about this it is another way of supporting you and the person who has been bullying.

Step 4

Our school will make a record of bullying incidents, which is saved digitally using CPOMS. Actions will also be recorded using CPOMS.

Your teacher will always check regularly how you are feeling and that the bullying has stopped.

You should always tell someone if you are being bullied, even if you have already told someone in the past. It is the only way to stop bullies.

Step 5

In some cases, incidents of bullying may be escalated to require guidance or assistance from outside agencies such as the Police or Children's Services. Please see Wessington Primary School Child Protection Policy for procedures.

Further support, if required, can be provided from Together for Children - anti bullying coordinator. Email address YouthVoice@togetherforchildren.org.uk.

Cyber Bullying

What is cyber bullying?

Cyber bullying is bullying that takes place over digital devices like mobile phones, computers or tablets. It can occur through SMS, texts and apps or online in social media, forums or gaming where people can view, participate in or share content. Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

If you are bullied online:

- Do not respond or retaliate to online bullying.
- Record or screen-shot images to keep as a record.
- Report it to an appropriate adult such as your family or school teacher.

At Wessington, we do not accept any forms of online bullying towards pupils or staff. Online bullying is more likely to occur outside of school. However, reports of online bullying involving members of the school community will be investigated in the same way as other types of bullying. Online harassment is a crime and we may consider involving the local police in some cases.

Advice for Parents

- Listen and talk to your child, let them know you love them and want to help.
- Be clear that it is important for the bullying to stop and that the school needs to be involved.
- If your child is bullying others, think about what might be behind it. Are they trying to get attention, or fit in with a crowd? They may be unaware that they are hurting others.
- Talk to the school as soon as possible.
- When talking to the school, focus on feelings rather than trying to prove who did what. If a child is upset, that has to be taken seriously.
- Ask for everyone involved to work together in solving the problem.
- If you are unhappy with how your situation has been dealt with then please follow the complaints procedure on the school website:

<http://www.wessingtonprimary.org.uk/policies/>

The policy should be read in conjunction with other relevant policies developed within the school:

- Behaviour Policy
- Child Protection Policy
- Safeguarding Policy
- Attendance Policy
- SEND policy

Signed _____ Chair of Governing Body

Signed _____ Head teacher

Date _____