

Grangetown Primary School

Children's Anti-Bullying Policy



Mission Statement

At Grangetown Primary School we hope to keep all pupils **safe and happy**. We do this by being a "**Listening School**", by having **Friendship Buddies** and by having "**Magic Listeners**". We want all pupils to know where to go if they feel upset or if they feel they are being bullied.

At Grangetown Primary School we want all pupils to feel welcome, safe and happy. We will not accept any form of bullying or any behaviour that may make someone feel upset or cause them harm.

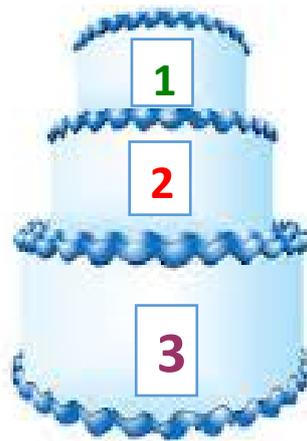
Reviewed By: Anti-Bullying Group 2020

Approved By: L Russell (DHT) and S Thomson (Chair of Governors)

To be reviewed: Summer 2022

What is bullying?

It is sometimes hard to know if someone is being bullied or not. An easy way to check, is to think of a 3 layer cake. For example, think about Tim. If Tim can eat all three layers then we know he is being bullied.



1. Does it hurt or upset someone?

If Tim has been hurt by another person or is upset by what they have said or done, then this is the first layer. He can eat this layer. Can he go to the next layer?

2. Was it done on purpose?

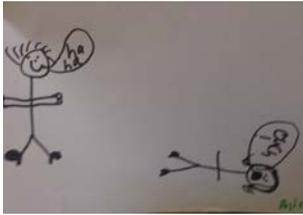
Did the person who hurt or upset Tim do it on purpose? For example, when we play, we may sometimes accidentally knock somebody over. If it has been an accident, usually we would say sorry. If this is the case it wasn't on purpose. **But** if someone ran over to Tim and deliberately pushed him or called him a name that upset him **and we feel it was on purpose** then we *know* that we have answered yes. Can he go to the next layer?

3. Has it happened before?

In order for it to be bullying the actions need to have happened **more than once**. If the behaviours have happened a few times before, we can move to the third layer. We know this is bullying.

Different Types of Bullying:

Some people think that there is only one type of bullying, but in fact that is not true. There are eight 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.



Physical Bullying: This is anything that has contact with your body, for example: *Being pushed, hit, kicked, nipped, or even being stopped from leaving a room.*

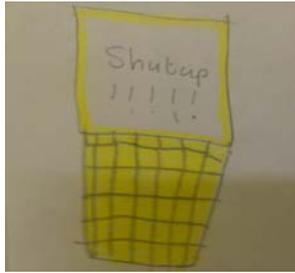


Verbal Bullying: This is when a person makes someone upset or scared by using words. For example: *Name calling or shouting, spreading rumours, making things up to get another person upset or in trouble.*

Emotional Bullying: This is when it effects the way we feel, and often this is the most common form of bullying. For example: *Leaving others out on purpose, dirty looks, non-verbal threats, being unfriendly, making people do things they don't want to or ignoring others.*



Racist Bullying: This is when someone is treated differently from others. For example: *Name calling or jokes about someone's religion or colour of their skin, or for where they came from.*



Online Bullying: This is when technology is used to upset and intimidate others. For example: *People can use their mobile phones, the internet, Xbox and PlayStation, etc to send messages to other people which would upset their feelings.*



Homophobic Bullying: This is when a person is negative about someone's sexuality (i.e. gay, lesbian or bisexual) For example: *Being bullied because of a parent/carers relationship, acting in a way in which is seen as being different from their own gender.*



Sexual Bullying:

For example: *Unwanted physical contact or nasty comments about how a person looks using graffiti or using sexual words.*



Gender Bullying: This is when someone is being bullied because they like something that is usually liked by the opposite gender (boy or girl) For example, if a girl was bullied for playing football or a boy was bullied for liking dolls.

How to tell if someone is being bullied:

You may be unsure if someone is being bullied. If you think that this may be happening to someone who you know, you may see someone showing some of the following signs:

- always sitting alone
- often crying and upset
- not joining in games with others
- starting to become easily angry or start to bully others
- not doing as well as usual in their school work
- having bruises and scratches
- not wanting to come to school
- pretending to be are ill

How to tell if someone is a Bully:

Bullies are like everyone else in our world, they have problems of their own and they can feel angry or upset inside and are unsure of how to deal with their feelings.

It's important to remember that bullies cannot bully alone: they need a group of people to help them. These could be people who join in with the name calling and spreading rumours or it could be people who stand by and don't help or report the bullying. Bullies could:

- give people dirty looks
- stop other people from playing games with another person
- lie to the teacher about what they have done
- use the internet or social media to send messages to upset someone
- start fights for no reason
- spread rumours about a person
- call a person nasty names

Where does bullying happen?

Bullying can happen to anyone, anywhere, at any time and by anyone, including:

- At School
- At clubs outside of school or in the leisure centre
- Outside in the street
- At the park
- At home i.e. online bullying

How can we help someone who is being bullied?

Keeping a diary will show what has been happening and who is bullying you or another person. You can show this to an adult who can then help you stop the bullying. You don't have to buy a diary all you need is a piece of paper, and remember to include the following:

Name:

Class:

Date:

Who has been bullying you?

What has the bully done?

Where did it happen?

When does the bullying take place?

Remember:

- Keeping a diary alone will **not** stop the bullying but it will show a trusted adult all the bullying incidents.
- To keep your diary somewhere safe
- Never keep a diary of the incidents for a long time without telling someone.

Who can you tell?

If anyone is the victim of bullying they need to tell an adult or someone they trust who will help them.

- A parent/carer
- A family member
- Any member of school staff
- Our "Magic Listener"
- Police
- Childline 0800 11 11

What to do if you are being bullied:

It is hard to know what to do when you are being bullied and sometimes you just want to hide away and pretend it isn't happening. Try to remember that people want to help you, but for them to be able to do that, they need to know what is happening and when. Here are a few examples of what you should do if you are being bullied:

- Keep a diary
- If you are being bullied online, never delete the messages because you will need them as evidence
- Never reply to any emails, text messages or messages sent over social media/online platforms
- You should always tell someone who you trust about what is happening
- Try to stay away from the person who is bullying you. Sometimes you can walk away but only if it is safe for you. If you feel unsafe, never walk anywhere alone and never walk through a park or a dark place alone.
- Try to stay with friends or people you know, bullies are less likely to do anything when you are with others.

Why hitting back is never a good idea:

Sometimes when we are hurt by someone else we feel like we want to hurt them back. We may hear other people at home, or our friends in school telling us to hurt the bully back. That is never a good idea because:

- You might be seen as the bully
- You might make things worse
- You could get into trouble
- You might hurt someone
- You could get excluded from school
- Police might be involved if you have hurt someone
- The bully might look for other people to bully you
- You might get picked on more

What will happen once you have told someone?

The person you have told will want to make sure you are safe and happy. If you are being bullied, they will want to help you so that you can be happy again. If you tell a member of staff because the bullying is happening in school, then this is what will happen:

- They will listen to you, make you feel better and write down what you say so that they can remember what you have told them
- They will be understanding
- They will only tell people who need to know, like your parents, carers or other members of staff
- They will have to speak to the bully to hear what they say, and then they may have to contact their parents or carers
- They may ask if you could all speak together
- They will never leave you alone with the bully
- They will not embarrass you

- They will offer you support and advice
- They will check up on you to make sure you ok

Remember: Each bullying incident is different and may not be handled in the same way each time.

How do you report a bullying incident and what will happen?

If you are being bullied or have witnessed bullying, follow these 4 steps to resolve the problem:

Step 1- Tell someone

You need to tell someone who you trust, the best person would be a member of staff who knows you well. They will ask you questions such as:

- What has happened?
- Where have the incidents taken place?
- Who was involved?
- Is anybody else aware of this or were there any witnesses?

Step 2- Your idea about how to solve problem

Once the adult you have told has all of the information, they will then ask you what ideas you might have to solve the problem. It is important that you are honest. The adult will then tell you what they will do next, so you will always know what is going to happen.

Step 3- Speak to the bully

A member of school staff will need to speak to the bully to find out their side of the story. Incidents of bullying may be dealt with in different ways; most cases of bullying will be resolved at this stage. Sometimes the person who has been bullying you will not be aware of how they have made the other person feel. Sometimes parents or carers are 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 you.

Step 4-Record it

The school will always make a record of any bullying incidents, and these records will be kept in a safe room. Adults will always check how you are feeling and that the bullying has stopped.