

We do not tolerate bullying at school but recognise that it can happen in any situation. Staff, pupils and parents work together make The Heights an **anti-bullying school**.

What is Bullying?...

Here is how it works:

Bullying is deliberately acting in a way which harms a person physically, socially or emotionally.

Bullying results in pain and unhappiness, it can be one person or a group.

Spoken

- Name calling
- Insults
- Teasing
- Threats (Blackmail)
- Racist, sexist or homophobic comments

Written

- Unkind notes
- Graffiti
- Abusive text messages

Emotional

- Leaving people out (Isolation)
- Spreading rumours

Physical

- Pushing
- Hitting or kicking
- Taking possessions
- Hiding or breaking things

Cyber

- Spreading rumours or sharing inappropriate photos or images using Internet sites
- Threatening messages through MSN or texts etc.

At The Heights bullying is considered to be unacceptable behaviour which occurs lots of times on purpose.

Everybody has the right to work in a pleasant environment where we feel confident and secure.

Pupils who are found to have been involved in bullying will be dealt with in accordance with the school 'Behaviour for Learning Policy'.

Pupils

If you think you are a victim of bullying -

- Tell an adult you trust e.g. a teacher, parents peer mentors or anti-bullying ambassadors.

If a friend or somebody you know is being bullied -

- Becoming a bully yourself will not resolve the problem
- Do not keep quiet about it - if you do, you are saying that bullying is all right.

Prevention

We will help support children in understanding the consequences of bullying through assemblies, PSHE lessons and circle time, the school vision and values, peer message in school, Anti-Bullying Week and continued focus.

What will happen?

We will take you seriously

Why do bullies do it?

- Bullies may be **jealous** of you
- They may feel bad inside and want you to **feel bad** as well
- They may be **scared** nobody likes them
- They may bully people so no one will bully **them**
- They may be bullied **at home** and think it is **OK** to bully you
- They may **think** they are being clever

What will staff do?

- We will investigate all reported incidents
- We will talk to the person who is the bully
- We will involve the parents
- We will follow the Behaviour for Learning guidelines
- We will inform our Safeguarding Governor

We will help the bully understand the situation

Remember

If you tell somebody, something will be done.

If you tell nobody, nothing can be done

Advice for Parents and Teachers

A child may indicate through signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Doesn't want to go on the school bus
- Begs to be driven to school
- Changes their usual routine
- Becomes withdrawn, anxious or lacking in confidence
- Starts to stammer
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Begins to do poorly in school work
- Has unexplained cuts or bruises
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above.

If you suspect your child is being bullied, **immediately** contact a member of staff you **trust**.

The school will take your concern seriously and work closely with you and your child to ensure the matter is dealt with effectively.

People react differently. It is not always possible to tell if someone is affected, hurt or upset - **BUT** ...

...Bullying is always wrong

Help Organisations:

Anti-Bullying Alliance

www.anti-bullyingalliance.org.uk

Family Lives (formerly ParentLine)

www.familylives.org.uk

Kidscape

www.kidscape.org.uk

info@kidscape.org.uk

020 7730 3300

Youth Access

www.youthaccess.org.uk

020 8772 9900

PSW11

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Anti-Bullying Policy



**Everyone in the school
community has a
responsibility to prevent
bullying**