

All children and young people have the right to go about their daily lives without the fear of being threatened, assaulted or harassed. No one should underestimate the impact that bullying can have on a person's life. It can cause high levels of distress, affecting young people's well-being, behaviour, academic and social development right through into adulthood. At The Heights Primary School, we are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere free from oppression and abuse. Bullying is an anti-social behaviour and affects everyone. All types of bullying are unacceptable at our school and **will not** be tolerated. All pupils should feel able to tell and when bullying behaviour is brought to our attention, prompt and effective action will be taken. We are a TELLING school. This means that anyone who is aware of any type of bullying that is taking place is expected to tell a member of staff immediately.

Here's How Bullying 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 and generally takes one of four forms:

Spoken (Verbal)

Name calling

Insults

Teasing

Threats (Blackmail)

Racist, sexist, homophobic or other comments based on disability, gender, appearance or circumstance.

Sarcasm

Cyber

Any kind of internet misuse

Nasty and/or threatening emails/messages

Gaming websites

Mobile phone threats by text messages and calls

Spreading rumours or sharing inappropriate photos or images using Internet sites

Threatening messages through Social Media (Messenger/Instagram/Snapchat/Twitter etc.)

Indirect (Emotional)

Being unfriendly, i.e. leaving people out (Isolation)

Spreading rumours

Tormenting (e.g. hiding bags or books)

Physical

Pushing

Hitting or kicking

Punching

Slapping (or any form of violence)

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 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 massage 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**