



Grangetown Primary School

Anti-bullying policy

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Grangetown Primary School

ANTI-BULLYING POLICY

Statement of Principles

At Grangetown we believe that every child has the right to learn in a safe, secure and stimulating environment, in which we foster a caring and respectful attitude.

In Grangetown every child is regarded as an individual, where every day matters and each day is a fresh start with new challenges.

We do not tolerate any form of bullying or unacceptable behaviour and will act upon all reported or observed incidents.

Positive behaviour is modelled and embedded throughout the school and with this brings rewards.

Links to other policies

This policy is underpinned by the Grangetown Behaviour Policy and our Code of Conduct. The PHSE and Curriculum also links closely with both policies.

Definition of Bullying

We do not regard bullying as a 'one off incident'. Where there is intentional, repetitive behaviours of one person or group, where the relationship can involve an imbalance of power. Bullying can be physical, psychological or verbal. Bullying can also happen using online platforms and social media.

Types of unacceptable behaviour (which if occurring regularly we regard as bullying)

This list is not exhaustive

Emotional – being unfriendly, excluding, tormenting or using threatening behaviour, rumours.

Physical – pushing, kicking, hitting, punching or any use of violence.

Racist – racial taunts, graffiti or gestures, against religion or gender.

Sexual – unwanted physical contact or sexual comments.

Homophobic – because of, or focussing on the issue of sexuality.

Verbal – name calling (including the name calling of family members), sarcasm.

Trans gender – gender variance, discrimination.

Indirect – can include the exploitation of individuals.

Cyber – all areas of internet, such as e-mail, internet chat rooms and social network sites misuse. Mobile threats by text messages, voice mail and calls. Misuse of associated technology i.e. camera and video facilities.

PLEASE ALSO REMEMBER THERE ARE AGE RESTRICTIONS FOR SOCIAL MEDIA PLATFORMS SUCH AS: FACEBOOK, INSTAGRAM, SNAPCHAT AND TIKTOK. THE AGE RESTRICTION FOR THESE ARE 13 YEARS OLD. IF WE BELIEVE THAT YOUR CHILD HOLDS ONE OF THE ABOVE ACCOUNTS, WE CAN REPORT THEM.

Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying are to be educated with different ways of behaving.

All members of our School community have a responsibility to respond promptly and effectively to issues of bullying.

Objectives of this policy

- All governors, teaching and non-teaching staff, pupils and parents should understand what bullying is.
- All governors and teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.
- All pupils and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- As a school we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported.
- To make it clear to all that bullying will not be tolerated.

Signs and Symptoms

No one should have to put up with bullying. It can make people feel unsafe at school and unhappy when they get home. A child may indicate by signs or behaviour that they are being bullied.

The following are some examples of signs and symptoms of being bullied and carrying out the bullying.

Signs a child is bullying others:

- Get into physical or verbal fights
- Have friends who bully others
- Are increasingly aggressive
- Get sent to the principal's office or to detention frequently
- Have unexplained extra money or new belongings
- Blame others for their problems
- Don't accept responsibility for their actions
- Are competitive and worry about their reputation or popularity

Signs a child is being bullied:

Emotional and behavioural signs:

- Changes in sleep patterns

- Changes in eating patterns
- Frequent tears or anger
- Mood swings
- Feels ill in the morning
- Becomes withdrawn
- Starts stammering
- Becomes aggressive and unreasonable
- Refuses to talk about what is wrong
- Begins to target siblings
- Continually 'loses' money or starts stealing
- Feeling helpless and sudden loss of self-esteem
- Losing friendships
- Decline in school work/refusal to work in class
- Wanting to be driven to school
- Refusal to attend school
- Cries themselves to sleep at night or has nightmares

Physical signs of bullying include:

- Has unexplained bruises, cuts, scratches
- Not wanting to walk to school
- Comes home with missing or damaged belongings or clothes
- Comes home hungry.
- Frequent headaches or stomach aches
- Self-destructive behaviours – running away, harming themselves or talking about suicide
- Becomes aggressive, disruptive or unreasonable
- Has possessions which are damaged or "go missing"
- Asks for money or starts stealing money (to pay bully)

Other signs of bullying

Sometimes signs bullying can be far more hidden. They can include:

- Often alone or excluded from friendship groups at school
- A frequent target for teasing, mimicking or ridicule at school
- Unable to speak up in class and appears insecure or frightened.
- Changes their usual routine
- Is afraid to use the internet or mobile phone

- Is nervous & jumpy when a cyber message is received
- Is frightened to say what's wrong

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

It is also important to understand that Recognising the warning signs is an important first step in acting against bullying. **Not all children who are bullied or are bullying others ask for help.**

Those who do not seek help may:

- Feel helpless. They may want to handle it on their own to feel in control again. They may fear being seen as weak or a tattletale.
- They may fear backlash from the someone who is bullying them.
- Bullying can be a humiliating experience. They may not want adults to know what is being said about them, whether true or false. They may also fear that adults will judge them or punish them for being weak.
- They may feel that telling an adult could make the bullying worse.
- They may already feel socially isolated.
- They may feel like no one cares or could understand.
- They may fear being rejected by their peers. Friends can help protect others from bullying, and there may be some fear losing this support.

Procedures

1. Report bullying incidents to staff
2. Report bullying incidents to GABA (Grangetown Anti-Bullying Ambassadors)
3. In cases of serious bullying, the incidents will be recorded by staff- use the Reported Incident Sheet- this will be copied and filed as required
4. In serious cases parents should be informed and will be asked to come in to a meeting to discuss the problem
5. If necessary and appropriate, police will be consulted
6. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly
7. An attempt will be made to help the bully (bullies) change their behaviour

Outcomes

- Restorative practice (intervention) will be undertaken between the bully and the bullied. Other consequences may take place.
- In serious cases, exclusion will be considered
- If possible, the pupils will be reconciled
- After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

Prevention

We will use our School Behaviour Policy (restorative practice) and in PSHE (the use of British values and the rights of a child) to help children to prevent and understand bullying. As and when appropriate, these may include:

- Writing stories or poems or drawing pictures about bullying
- Referring to the British values being taught in PSHE lessons
- Referring to the rights of a child being taught in PSHE lessons
- Reading stories about bullying or having them read to a class or assembly
- Making up role-plays
- Having restorative discussions about bullying and why it matters (Circle Time/ Assemblies)

GABA

Grangetown Anti-Bullying Ambassadors (GABA) are a group of children ranging from Year 1 to 6, who aid the school in recognising and reporting bullying incidents. They are trained anti-bullying ambassadors who have an awareness of the types of bullying and effective ways to deal with them. The GABA ambassadors report any signs of bullying to staff and, in some cases, are able to deal with bullying on the spot by talking with victims and aggressors. GABA children have held assemblies for other children and parents, created a leaflet that was sent home and support children on the playground with anything that may happen. GABA ambassadors are easily recognisable at play times and lunch times. Children throughout school are aware that they can approach and report any incident of bullying to the GABA ambassadors.

Further Help and information for members of our School Community:

Advisory Centre for Education (ACE) 020 7354 8321

KIDSCAPE Parents Helpline (Mon-Fri, 10-4) 0845 1 205 204

Kate Hillyard R and C LA (Anti Bullying Coordinator)

01642 444116

Kidscape website

www.kidscape.org.uk