



FAIRLANDS PRIMARY SCHOOL

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ANTI-BULLYING



INFORMATION FOR PARENTS

WE BELIEVE:

EVERYBODY HAS THE RIGHT TO FEEL SAFE IN SCHOOL AND THE RESPONSIBILITY TO KEEP OTHERS SAFE.

FEELINGS ARE *FEELINGS*; BEHAVIOUR IS CHOSEN.

CHILDREN WHO FEEL GOOD ABOUT THEMSELVES BEHAVE BETTER, WORK HARDER, LEARN MORE AND FORM BETTER RELATIONSHIPS.

OUR AIMS:

- To keep school a safe place for all, for both children and adults.
- To ensure all pupils achieve the level of success and self respect which they deserve.
- To provide an environment in which bullying is constantly challenged.
- To provide a curriculum which teaches about 'protective behaviours'
- To give children the knowledge that bullying can and must be eradicated.
- To teach children that they have a responsibility, as citizens of our society, to eradicate bullying.

DEFINITIONS

Everybody in school needs to be clear what bullying really is.

Bullying is:

'Behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group, either physically or emotionally.'

Importantly, the school works hard to ensure that all pupils know the difference between bullying and simple everyday 'falling out' or one-off playground incidents. We teach children to be precise in the language they use when reporting incidents so that adults can respond to them appropriately: *e.g. not saying 'she beat me up' – when actually it was a minor push.*

Parents should bear this in mind when listening to their children. It is the most upsetting thing to think that your child might be experiencing something that is making them unhappy – but it is only true bullying if it is **repeated over time**.

Where bullying outside of school is reported to school staff, it too will be investigated and acted upon.

TYPES OF BULLYING

We classify bullying under three main headings: **PHYSICAL**, **VERBAL** and **INDIRECT**.

PHYSICAL		VERBAL				INDIRECT <i>'involves attacking the relationships of people and hurting the self-esteem, without making first-hand contact'</i>	
Violent	Sexual	Abusive	Racist	Sexual	Homophobic/ Transphobic	Emotional	Cyber
pushing, kicking, hitting, punching or any use of violence	unwanted sexual contact	name-calling, sarcasm, teasing, making threats, insulting, abuse of the vulnerable	racial taunts, gestures – may also involve PHYSICAL attacks	sexual comments or sexism	because of, or focussing on the issue of sexuality or gender – may also involve PHYSICAL attacks	spreading rumours, graffiti, gossiping, excluding, tormenting (e.g. hiding books, threatening gestures)	all areas of internet, such as email & internet chat room misuse; mobile threats by text messaging & calls; misuse of technology, e.g. camera/video facilities

SIGNS AND SYMPTOMS

A child may indicate by 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 / public bus
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (to pay bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- begins self-harming
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous & jumpy when a cyber message is received

These signs and behaviours could indicate other problems but bullying should be considered a possibility and should be investigated. Parents are therefore asked to talk to their children about bullying and to teach their children to tell someone if they are feeling bullied. Keeping things to themselves will not solve the problem and will prolong the suffering of the child who is experiencing bullying.

Parents who are concerned that their child might be being bullied, or who suspect that their child may be bullying others, should contact their child's class teacher immediately.

WHAT DO WE DO IF A CHILD SAYS THEY ARE BEING BULLIED?

Firstly, we LISTEN.

We give the child an immediate, sensitive and supportive response to the disclosure. We take their complaint seriously and allow them a full expression of feelings. We record what is said with as much detail as possible and class teachers are then responsible for managing the process of responding to the referral.

They will:

- 1. Meet with the victim to clarify what has been happening.**
- 2. Obtain permission from the victim to approach the perpetrators/bystanders** to get their side of the story. Be aware that this might be an extremely frightening thought for a child who is experiencing bullying. However, the perpetrators/bystanders need to understand what they are doing wrong in order for it to stop, so the child is encouraged to be brave and to let us talk to the perpetrator. If the child does not consent to this, we respect their wishes.
- 3. Complete a record of this initial response, making it clear which protected characteristic is the main focus of the bullying and the manifestation of the bullying behaviour.**
- 4. Monitor the situation for a fixed period** – e.g. a week. This may include close monitoring of the children involved especially at playtimes and lunchtimes. Other staff may be involved in monitoring.
- Parents and carers of the victim are also made aware at this point that the school is monitoring a situation.
- 6. If there is confirmed evidence of bullying over time, the class teacher will then refer the matter to the deputy headteacher.**
- 7. The deputy headteacher will liaise with the class teacher to complete a final report.** This will clearly record the type of bullying, those involved and what actions / support is in place to ensure bullying behaviour is addressed within a specified review period.
- 8. A letter will be written to parents & carers of all children involved,** summarising this final report and the headteacher will be copied in.
- 9. If no improvement is seen after the review period, the matter will be referred to the headteacher and more severe sanctions will be applied as appropriate.**

Thank you for reading this booklet.

We hope it has explained our policy and practice clearly.

**TOGETHER, WE CAN MAKE
FAIRLANDS A BULLYING-FREE ZONE!**

