



Safeguarding

All in this together

This term, our safeguarding focus in school is Anti-bullying. It was Anti-bullying week from the 15th November and this year's focus was on 'One Kind Word'. All children took part in a range of different learning outcomes throughout the week to ensure they have a clear understanding of what bullying is and how to help prevent it. As usual, our assemblies have a safeguarding focus which will be around the following elements: What is bullying, what it isn't, how it can make others feel, and what we can do to prevent it from happening in our school.

What do we talk to the children about?

Our assemblies will focus on the following this term:

- What is bullying? What it isn't?
- What are the different types of bullying? This will also include online bullying.
- Who can we talk to if something happens or if we think we are being bullied.
- How bullying affects others and what we can do to help.
- How should we treat everyone in school—recap on the school rules.
- Building resilience and confidence—how can we help ourselves.

What is bullying?

Bullying is usually defined as repeated behaviour, over a period of time, which is intended to hurt someone. This can be emotionally or physically and it can be aimed at anyone because of their race, religion, gender or any other aspect such as appearance or disability.

[What is bullying? - Family Lives](#)



Bullying can take many forms including physical, social, threatening behaviour, name calling, cyber and social.

Physical: this is behaviour which can harm or injure a person or their belongings.

Verbal and emotional: Using words to cause harm to someone over a period of time—this can be name calling and/ or being threatening behaviour.

Cyber (online bullying): This happens online through social networking sites, gaming sites, chat rooms or anywhere online. This includes sending or saying nasty or coercive messages online.

Social: This is when a child ignores someone on purpose over a period of time, spreads rumours, 'funny' looks and can mimic someone.

Useful websites

NSPCC: [Helping Children Deal with Bullying & Cyberbullying | NSPCC](#)

Bullying UK: [Bullying advice | Bullying UK](#)

National Bullying Helpline: [Information and advice about all forms of bullying \(nationalbullyinghelpline.co.uk\)](#)

Anti-Bullying Alliance: [Anti-Bullying Alliance](#)

Stop Bullying: [StopBullying.gov](#) (American Site)

Respect Me: [respectme | Scotland's anti-bullying servicere-spectme](#)

Young Minds: [Bullying | How To Deal With Bullying and Getting Help | YoungMinds](#)



What is bullying continued...

IT IS EVERYONE'S JOB TO GET THIS RIGHT!

We often have children saying that 'they're bullying me' or 'I'm being bullied'. This is hardly ever the case when situations are investigated. **When there is a real case of bullying, we will do everything to stop it and we rely on working with to do this. Bullying is never ok and we do not tolerate it in school.** A lot of the time children/parents use the term bullying when usually there has been a one off incident. We always deal with this in school, but **THIS IS NOT BULLYING. Please remember that bullying is when a child is hurting or targeting the same child on purpose over and over and over again.**

Be the Change!

We work together as a school community to put a stop to bullying and have created an environment where bullying is not tolerated in any shape or form at Grange Infants School.

Our children have promised that they will:

- Not hurt anyone verbally or emotionally, by calling them names, ignoring them, spreading rumours.
- Not hurt anyone physically by always having kind hands and feet in school.
- Not to be a bystander and let bullying happen as this is just as bad.
- To report any cases of bullying to a trusted adult straight away.

National Bullying Helpline

0845 22 55787

For adults & children,
open 9-5 Mon to Fri

Being Bullied—Here's what to do!

Tell someone! Tell a trusted adult (family member or teacher/TA) or someone you think will listen to everything that you have to say. Tell a teacher,



they are here to help keep you safe. It doesn't matter if it happens in school, out of school or online, teachers want to stop bullying when they hear about it. If bullying is happening online or through a device, remember to keep the message so that you can show an adult and they will help you work out what to do!

What else can you do...

If it happens in person, **tell them** 'I don't like that!'. Use your confident voice. If you feel safe enough, you could **try talking** with the bully. Ask them why they are doing it and if there is a problem, you could try solving it together. **Ignore** the bully. When bullies are ignored, they will often lose interest. Don't react! You could end up in trouble as well as them. **Play with people who help you** and help you feel good about being you. **Friends don't bully you, they play and care about you!** If it happens online, **don't respond!** Ask for help to **turn on a block** so you don't get the bullying texts or posts. Don't delete the messages until you have shown a trusted adult. They will know what to do!

