

Did you know...

persistent bullying can result in:

- depression
- low self esteem that may last a lifetime
- shyness
- poor school achievement s
- Isolation
- threatened or attempted suicide or self-harm
- Bullying also damages bullies, who learn that they can get away with violence, and that aggression and threats can be an effective way to control people



All forms of Bullying are unacceptable at Ramsden Hall Academy and will be treated Seriously.

If you are faced with Bullying don't think you have to deal with it yourself, report it.

What you can do if... If you feel someone is bullying you-

- Talk to a staff member you trust
- Talk to your friends
- Go to your tutor for advice

**Whatever you decide to do
it is very important that
you tell someone you trust
about that incident so that
Bullying can be stopped.**

At
Ramsden Hall Academy we....

Keep each other safe

Help each other to learn

look after our school

Preventing Bullying-
We Keep Each Other Safe



Ramsden Hall Academy Support for parents **Bullying**



- All students and staff are treated with dignity and should feel that their differences are valued by the school
- All students and staff are given equal opportunities to develop their potential.
- School life reflects the different backgrounds of students and staff.
- The curriculum reflects the differences in people and the richness it can bring to our lives
- There is open discussion about social/emotional wellbeing
- All bullying incidents are dealt with according to the school policy.

Tel: 01277 624580



If you are assessed to be bullying the following may apply...

- POLICY AND RULES ARE RE-STATED
- BEHAVIOUR CO ORDINATOR WILL TALK TO VICTIM AND PERPETRATOR
- PARENTS ARE INFORMED
- NON CONTACT CONTRACT IS SET IN PLACE
- SAFETY PLAN IS GIVEN TO VICTIM
- EDUCATIONAL CONSEQUENCES
- REVIEW WITH VICTIM ,IF OK –MONITORING-IF NOT ,SEE PERPETRATOR AGAIN
- WARNING RE FUTURE BEHAVIOUR
- PARENTS INVOLVED IN DISCUSSION AT SCHOOL
- SENIOR LEADERSHIP TEAM DEALS WITH CASE
- POLICE INTERVENTION
- RESTORATIVE PROCESS TO BE USED
- INDIVIDUAL WORK ON ANGER/RELATIONSHIPS/ BODY LANGUAGE/SOCIAL SKILLS
- HEADTEACHER TO BE UPDATED
- INCIDENTS REPORTED TO THE GOVERNING BODY OF THE PLT

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Some useful tips for parents/carers

- **Talk calmly with your child.**
- **Provide clear guidelines and consequences**
- **Zero tolerance**
- **Offer alternative solutions.**
- **Build self-esteem.**
- **Give positive feedback**
- **Lead by example.**
- **Be realistic.**
- **Seek help**
- **Collaborate with the school.**



Further Information /Links

- <https://www.kidscape.org.uk/>
- <http://www.bullying.co.uk/>
- <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>
- <https://www.gov.uk/bullying-at-school/bullying-a-definition>
- <https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/>
- http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/bullying
- <https://www.kidscape.org.uk/media/1034/kspreventingbullying.pdf>

Tips to aid you and your child when dealing with bullying...

Signs to look out for

Children who are most likely to bully may:

- often feel the need to be in charge;
- find it difficult to cooperate with adults or other children;
- be insulting about other people's appearances and backgrounds;
- use discriminatory words around racism, homophobia or sexism in a casual manner;
- be amused by other people's distress;
- not accept responsibility for their actions;
- be a good manipulator;
- have friends who are known to bully others;
- have a tendency to be attention seekers.

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