



# St Joseph's Catholic Primary School

## Anti-Bullying Policy

### **Mission Statement**

Following in the footsteps of Jesus; we live, love and learn.

### **Inclusion Statement**

In this school, we are educating our children to:

- know who they are - a special and unique gift from God
- know why they are here - we all have a purpose and responsibility to look after God's world
- work hard and aim high for their future - find and use their God given talents to become everything that God intends them to be

We are a Catholic community, in a modern society, where everyone is equal. As a Catholic School, we strive to reflect the teachings of Christ and live out the Gospel Values in everything that we do. The most loving and merciful Jesus Christ is our role model, and He welcomed everyone. All children are welcome in our school; they and their families become part of our St. Joseph's family. We will love and nurture them, and do our best to help them to become everything that God intends them to be.

At St Joseph's Catholic Primary School our values reflect our commitment to a school where there are high expectations of everyone. Children are provided with high quality learning opportunities so that each child attains and achieves all that they are able to. Everyone in our school is important and included. We promote an ethos of care and trust where every member of our school community feels that they truly belong and are valued. We work hard to ensure there are no invisible children here, recognising everyone's uniqueness and success. We recognise learning in all its forms and are committed to nurturing lifelong learners. We are a safe school, committed to improving children's confidence and self-esteem. We know that safe and happy children achieve.

<b>Adopted by Governors</b>	
	<i>(signed on hard copy)</i>
<b>Reviewed</b>	<b>November 2025</b>
<b>Next Review Date</b>	<b>November 2026</b>

## Statement of Intent

At St Joseph's Catholic Primary School we are committed to providing a warm, caring and safe environment for all our children so that they can learn and play in a relaxed and secure environment. In our Christ centered approach we encourage all our children to follow the Gospel Values of love, kindness, compassion and respect towards everyone.

Bullying of any kind is unacceptable and will not be tolerated in our school. We take all incidents of bullying seriously. Bullying hurts. No-one deserves to be a victim of bullying. Everybody has the right to be treated with respect and pupils who are bullying others need to learn different ways of behaving.

At St Joseph's, we acknowledge that bullying does happen from time to time – indeed, it would be unrealistic to claim that it does not. When bullying does occur, everyone should be able to tell and know that incidents will be dealt with promptly and effectively in accordance with our anti-bullying policy. We are a **TELLING** school. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

If there is a complaint about bullying we will:

- deal with your complaint honestly, politely and in confidence;
- look into it thoroughly, fairly and as quickly as possible;
- keep you up to date with what we are doing;
- apologise if we make a mistake;
- tell you what we are doing to put things right.

## Aims and Objectives of this Policy

The aim of this policy is to try and prevent and deal with any behaviour deemed as bullying. The implementation of this policy will create an ethos where bullying is regarded as unacceptable so that a safe and secure environment is created for everyone to learn and work in.

All members of the school have a responsibility to recognise bullying when it occurs and take appropriate action in accordance with the school policy.

This will happen in the following ways:

- The school will meet the legal requirement for all schools to have an anti-bullying policy in place.
- The school will work closely with other professional agencies to ensure that children stay safe as stated in The Children Act 1989, The SEN and Disability Act 2001, The Government Green Paper 'Every Child Matters' 2003 (outcome 2), The Children Act 2004 and Keeping Children Safe in Education (2020).
- All governors, teaching and non-teaching staff, pupils and parents/carers will have an understanding of what bullying is.
- All governors, teaching and non-teaching staff will know what the school policy is on bullying and will consistently and swiftly follow it when bullying is reported.
- All pupils and parents/carers will know what the school policy is on bullying and what they can do if bullying occurs.
- Pupils and parents/carers will be assured that they will be supported when bullying is reported.
- Whole school initiatives (staff training, celebration assemblies etc) and proactive teaching strategies (RE, PHSE [Personal, Health & Social Education] circle time, 'My Happy Mind' for mental wellbeing) will be used throughout the school to reduce the opportunities for bullying to occur.
- A positive, caring ethos will be created within the school environment where everyone can work, play and express themselves, free from the fear of being bullied.

## What Is Bullying?

The children were all asked this question and the school has adopted the following collaborative definition of bullying which is our shared understanding of what bullying is:

***Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards other people. It is repeated over a period of time and it is very difficult for the victims to defend themselves (remember STOP – it happens Several Times On Purpose). Bullying causes hurt on the inside and on the outside, until the person being bullied feels they can no longer cope. It is mean and results in worry, fear, pain and distress to the victim/s.***

### **Bullying can be:**

- Emotional - being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation
- Verbal - name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone
- Physical - pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things
- Racist - racial taunts, graffiti, gestures, making fun of culture and religion
- Sexual - unwanted physical contact or sexually abusive or sexist comments
- Homophobic - because of/or focusing on the issue of sexuality
- Online/cyber - setting up 'hate websites', sending offensive text messages, emails and abusing the victims via their mobile phones/facebook, MSM, x-box, WhatsApp, snapchat, Roblox, TikTok or other online chat forum.
- Any unfavourable or negative comments, gestures or actions made to someone relating to disability or special educational needs.

### **Bullying is not:**

It is important to understand that bullying is not the *odd occasion* of falling out with friends, name-calling, arguments or when the occasional trick or joke is played on someone. It becomes bullying if it is done several times on purpose (STOP).

Children sometimes fall out, hurt each other or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns, the odd name-calling or childish prank. We all have to learn how to deal with these situations and develop social skills to repair relationships, as a school we are very pro-active in developing resilience within all our children.

### **Where does bullying happen?**

It can happen anywhere – in the classroom, in the corridor, in the toilets, in the dining hall, in the playground. Bullying may also happen on the way to and from school. In such cases, the Headteacher is empowered by law to deal with such incidents but must do so in accordance with the school's policy.

At St Joseph's, we are concerned with our children's conduct and welfare outside as well as inside school and we will do what we can to address any bullying issues that occur off the school premises and online.

The following steps may be taken:

- Talk to the local Community Police Officer about problems on the streets
- Talk to the Headteachers of other schools whose children may be involved in bullying off the premises/online
- Discuss coping strategies with parents
- Talk to the children about how to handle or avoid bullying outside the school premises/online

## Signs and Symptoms

A child may indicate, by different signs or behaviour, that he or she is being bullied. Adults should be aware of these possible signs and investigate further if a child:

- is frightened of walking to or from school
- doesn't want to go to the school/in the car/taxi
- begs to be driven to school
- changes their usual routine/route to school
- begins truanting
- becomes withdrawn, anxious or lacking in confidence
- starts stammering
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to under-perform in school work
- comes home with clothes torn or books damaged
- has possessions go "missing"
- asks for money or starts stealing money (to pay the bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money/snack/sandwiches have been stolen)
- becomes aggressive, disruptive or unreasonable
- starts swearing or using aggressive language for no apparent reason
- is bullying other children or siblings
- stops eating
- attempts or threatens suicide or runs away
- is frightened to say what's wrong
- gives improbable excuses for any of the above

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be taken seriously and investigated as soon as possible.

## What can you do if you are being bullied?

Wherever you are in school, you have the right to feel safe. Nobody has the right to make you feel unhappy. If someone is bullying you, it is important to remember that it is not your fault and there are people who can help you. The children were all asked this question and we have included some of their strategies in the list below:

- try not to let the bully know that he/she is making you feel upset
- try to ignore them
- be assertive - stand up to them, look at them directly in the eye, tell them to stop and mean it
- stay in a group, bullies usually pick on individuals
- get away as quickly as you can
- tell someone you can trust – it can be a teacher, a teaching assistant, a parent, a friend, a brother, a sister or a relative
- if you are scared, ask a friend to go with you when you tell someone
- if you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box
- when you tell an adult about the bullying give them as many facts as you can (What? Who? Where? When? Why? How?)
- keep a diary of what's been happening and refer to it when you tell someone
- keep on speaking out until someone listens and helps you
- never be afraid to do something about it and quickly
- don't suffer in silence
- don't blame yourself for what is happening
- Call a helpline

## **What can you do if you see someone else being bullied?**

### **(The role of the bystander)**

Ignoring bullying is cowardly and unfair to the victim. Staying silent means the bully has won and gives them more power. There are ways you can help without putting yourself in danger. The children have also discussed this question in class and some of the strategies they suggested are listed below:

- don't smile or laugh at the situation
- don't rush over and take the bully on yourself
- don't be made to join in
- if safe to do so, encourage the bully to stop bullying
- if you can, let the bully know you do not like his or her behaviour
- shout for help
- let the victim(s) know that you are going to get help
- tell a member of staff as soon as you can
- try and befriend the person being bullied
- encourage the person to talk to someone and get help
- ask someone you trust about what to do
- if you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box
- call a helpline for some advice

### **Bullying of children with Special Educational Needs and/or disabilities**

St Joseph's is an inclusive school. We provide a secure, accepting, safe and stimulating environment where everyone is valued for who they are. In school, we may have some children who have special educational needs and/or disabilities. Everyone involved in the school is very aware that these children can be especially vulnerable to bullying and we are therefore particularly vigilant at all times. High attainers, gifted or talented pupils can also be affected by bullying. Staff will treat this type of bullying as seriously and in the same way as any other type of bullying.

### **Procedures for reporting and responding to bullying incidents**

- All staff will respond calmly and consistently to all allegations and incidents of bullying.
- They will be taken seriously by all staff and dealt with impartially and promptly.
- All those involved will have the opportunity to be heard.
- Staff will protect and support all children involved whilst allegations and incidents are investigated and resolved.
- The following procedure will be used for reporting and responding to bullying allegations or incidents:
  1. Report all bullying allegations and incidents to staff.
  2. Staff will make sure the victim(s) is and feels safe.
  3. Appropriate advice will be given to help the victim(s).
  4. Staff will listen and speak to all children involved about the incident separately.
  5. The problem will be identified and possible solutions suggested.
  6. Staff will adopt a problem solving approach, consulting with colleagues as appropriate.
  7. Appropriate action will be taken quickly to end the bullying behaviour or threats of bullying.
  8. Staff will reinforce to the bully that their behaviour is unacceptable.
  9. The bully (bullies) may be asked to genuinely apologise. Other consequences may take place and appropriate sanctions applied (see next section).
  10. If possible, the pupils will be reconciled.
  11. An attempt will be made, and support given, to help the bully (bullies) understand and change his/her/their behaviour.
  12. Where it is clear that bullying behaviour has occurred; the incident will be recorded by staff in the serious incident record book.

13. After the incident has been investigated and dealt with, each case will be monitored to ensure repeated bullying does not occur.
14. Bullying incidents will be discussed at staff meetings.
15. If necessary and appropriate, the designated member of staff for child protection, Social Services or police will be consulted.

### **The following sanctions may be used:**

- Apologise to the victim(s) verbally or in writing
- Lose 'golden time'
- Lose playtimes
- Reconciliation at lunchtime with the head teacher or teacher – reflection on their actions – who they have hurt, how it will have made that person feel. Moment of reflection and prayer.
- Parents will be invited in to school
- Be removed from class and work in isolation
- Be withdrawn from participation in school visits, clubs and events not essential to the curriculum.
- Internal exclusion
- Fixed term exclusion
- Permanent exclusion

### **Strategies for the prevention and reduction of bullying**

Whole school initiatives and proactive teaching strategies will be used throughout the school to develop a positive learning environment with the aim of reducing the opportunities for bullying to occur. These can include:

- Making national anti-bullying week a profile event each year
- Awareness raising through assemblies
- Circle time on bullying issues
- Talks by the local community police on physical and cyber bullying.
- Whole school awareness on keeping safe online
- Setting up of a circle of friends support network where a small group of children volunteer to help and support an individual experiencing difficulties
- Children writing stories and poems and drawing pictures about bullying
- Children being read stories about bullying
- Using drama activities and role-plays to help children be more assertive and teach them strategies to help them deal with bullying situations
- Prominently displaying anti-bullying posters produced by the children around the school
- Introduction of a confidential 'Worries' box where children can write and post their concerns and ideas
- Using praise and rewards to reinforce good behaviour
- Encouraging the whole school community to model appropriate behaviour towards one another
- School based counselling service

### **Monitoring and evaluation of the policy**

To ensure this policy is effective, it will be regularly monitored and evaluated. As part of the school's annual Anti-bullying week, the policy will be reviewed with necessary amendments made.

**This policy is written in conjunction with our Peer on Peer abuse policy, which relates specifically to sexual violence and sexual harassment between children.**