



USWORTH COLLIERY
PRIMARY SCHOOL

Anti-Bullying Guidelines

Edited by Usworth Colliery Primary School's School Councillors



Usworth Colliery Primary School children are kind to others. This booklet is to tell you more about what bullying is, and the different types of bullying. It will also help anyone who feels like they are being bullied and tell you where to find help. Usworth Colliery Primary School does not accept bullying.

What is bullying?

At our school, bullying is ‘when someone upsets you, hurts you or destroys your property on purpose, over and over again, more than once’.

Bullying can include:

Physical: When someone doesn’t keep their hands and feet to themselves. Punching, kicking, hitting, pushing someone else everyday on purpose, or any other violence including damaging or taking someone’s belongings.

Verbal: When someones feelings are hurt. Repeatedly teasing, name calling, leaving someone out or spreading rumours about someone.

Racist: When someone is made fun of because of their differences. For example because of their skin colour, ethnicity, culture or religion.

Cyberbullying: Repeatedly saying unkind things through text or the internet, deliberately to upset someone else. For example on Facebook or through emails.

Homophobic: When someone is bullied because they want to be in a relationship with someone of the same sex, or when someone might use homophobic language which might upset others. For example “That is so gay” or “You are so gay”.

Sexist: When someone is made fun of because they are a girl or a boy. For example: “You can’t play football because you are a girl” or “You can’t like pink because you are a boy”.

Don't think that you're alone. If you're being bullied remember that it is not your fault. There are lots of people who you can talk to about bullying such as your parents or carer, friends, members of your family, ChildLine on 0800 11 11, or any adult who you trust.

REMEMBER there is always someone who can help!

You are never alone and help will always be at hand. If you are getting bullied do the
SOMEONE YOU



right thing and **TELL
TRUST!**

Who can I tell?

Teacher

Family member

Parent

Carer

Friend

School Council

Sports leaders

Rainbow/Beaver/Brownies/Guides leader

Any trusted adult

Any trusted friend

Childline 0800 11 11

Kidscape 08451205204 (<http://www.kidscape.org.uk/>)

If you are being bullied:

Do:

- Let someone you trust know what is going on—parents, teachers, friends, etc.
- Stay calm and confident
- Try to be firm and tell the bully to stop
- Tell the teacher everything that happened
- Think positively about yourself and be confident
- Try to ignore what they are saying
- Get away from the situation—just walk away
- Try to stay with a friend at school
- Think about what helps and what makes things worse—take some control
- Try to talk to the bully, maybe they don't realise how much they are hurting your feelings, or maybe the bully is angry about something

Don't:

- Hide it
- Think it is your fault
- show that you are upset or angry (remember that is what the bully wants)
- hit back or retaliate
- ignore what is happening you should tell someone!





Staying safe on the internet and on your phone:

Do:

- Think carefully about what you say about yourself and others online. Remember, once it is online, it is there forever. 'If you wouldn't wear it, don't share it!'
- Remember it might not just be people your own age in a chat room.
- Leave a chat room if you feel uncomfortable.
- Tell your parents, carers, friends or a teacher if you feel uncomfortable or worried about anything that happens online.
- If someone insults you online or by phone, stay calm and ignore them. Replying may make it worse.
- Turn your phone off. Once they realise they can't bother you, callers usually get bored and stop.
- Turn off incoming messages or calls. To find out how to do this, visit www.wired-safety.org.
- If the bullying continues, you can change your phone number. Ask your mobile service provider (such as Orange, O2, Vodafone or T-Mobile).
- If you receive calls that scare or trouble you, make a note of the times and dates and report them.

- Text harassment is a crime. If the calls or messages are simply annoying, tell a teacher, parent or carer. If they are threatening or malicious and they persist, report them to the police, taking with you all the messages you've received.

Don't:

- Never give out your name, address, phone number, the name of your school or your password online. It's a good idea to use a nickname. And don't give out photos of yourself.
- Don't spread rumours about people or share their secrets, including their phone numbers and passwords - Respect other people, online and off.
- Don't accept emails or open files from people you don't know.
- Don't reply to abusive messages
- Don't ignore the bullying. Tell someone you trust, such as a teacher or parent, call an advice line, or in extreme cases tell the police.
- Don't delete the messages, save them as evidence. You don't have to read them, but you should keep them as evidence.

There's plenty of online advice on how to react to cyber bullying. For example, www.kidscape.org and www.wiredsafety.org have some useful tips. Remember, it is never your fault. It can be stopped and it can usually be traced.

Signs that a friend is being bullied:

- They might become very quiet and withdrawn
- They might not be able to concentrate in school
- They might be off school a lot
- They might seem unhappy
- They might not want to play outside at playtimes

What to do if you see someone else is being bullied?

- Don't walk away and ignore the bullying
- Let an adult know what is happening
- Tell the bully to stop if it is safe to do so
- Ask if everything is OK
- Don't stay silent or the bullying will keep happening
- Don't lose your temper

When you tell an adult about a bullying incident:

- be clear about what has happened
- tell them when, and how often it has happened
- tell them who was involved
- tell them where it happened
- tell them who saw what happened
- tell them anything you have done about it already

Guidance for Parents:

Bullying is everyone's problem. All staff, pupils and parents/carers should be aware that bullying exists and share a commitment to combat it and to make the school a happier place for everyone. In this digital age, parents/carers should be alert to any negative response from their child in respect of mobile phone calls, text messages, e-mails or other electronic messages.

How to help your child if they are being bullied:

- We ask parents/carers to contact the school if they suspect their child is being bullied
- Watch out for signs of changes in their attitude
- Watch out for frequent headaches or tummy aches or being unusually withdrawn or angry
- Make time to talk to your child about their day, their friends and how they are feeling
- Ensure that your child does realise that they have done nothing wrong and that they are brave for telling the truth
- talk to the child calmly about it and reassure the child that telling them about it was the right thing to do
- make a note of what the child says
- explain that the child should report any further incidents to a teacher or other member of staff straight away
- make an appointment to see the Head Teacher as soon as possible if it continues

Do Not:

- Attempt to sort the problem out yourself by speaking to the child whom you think may be behaving inappropriately towards your child or by speaking to their parents.
- Encourage your child to be 'a bully' back.

Both of these will only make the problem much harder to solve.

Guidance for parents on cyberbullying:

- Don't wait for something to happen before you act. Make sure your child understands how to use these technologies safely and knows about the risks and consequences of misusing them.
- Make sure their child knows what to do if they or someone they know are being cyber bullied.
- Encourage your child to talk to you if they have any problems with cyber bullying. If they do have a problem, contact the school, the mobile network or the Internet Service Provider (ISP) to do something about it.
- If you suspect that your child is being cyber bullied, encourage them to save the evidence.
- Parental control software can limit who your child sends emails to and who he or she receives them from. It can also block access to some chat rooms.
- Moderated chat rooms are supervised by trained adults. Your Internet service provider will tell you whether they provide moderated chat services.
- Visit www.nch.org.uk for more information on Internet safety.

HELP ORGANISATIONS:

Advisory Centre for Education (ACE) 020 7354 8321

Children's Legal Centre 0845 345 4345

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

Parentline Plus 0808 800 2222

Youth Access 020 8772 9900

Bullying Online www.bullying.co.uk

Visit the Kidscape website www.kidscape.org.uk for further support, links and advice.

When your child has been bullying:

When, after discussion, we confirm a child has been bullying we will contact the parents/carers to discuss the issues. **Parents should:**

- talk to the child and explain that bullying is wrong and makes others unhappy
- try to help their child to imagine how it feels to be bullied
- explore why the bullying has taken place
- identify an appropriate sanction at home
- show the child how to join in with others without bullying
- make an appointment to see the Head Teacher as soon as possible to discuss how the school and the parents/carers together can stop the bullying
- talk to the child regularly about how things are going at school
- give the child lots of praise and encouragement when they are being kind and considerate to others.

How our school deals with bullying incidents:

- When an adult in school has been told about a bullying incident, it will not be ignored
- All of the children involved will be listened to fairly
- Teachers in school will encourage the children to find a solution to solve the problem
- The school will record any bullying incidents that have happened
- Sanctions will be given to stop bullying behaviour for example, getting a warning, missing break or lunchtime playtime
- Parents will be told about the incident
- We will also contact the parents/carers of the child being bullied, with explanations of the situation and what we are doing to resolve it, and what sanctions will be put in place.
- We will follow up the bullying child's behaviour through direct observation and careful monitoring.

The Head Teacher, the Governors, the Staff, the school council and all of the children will work together to:

Make our school a place where everyone can feel safe and happy. That means no bullying allowed. We will help everyone to get on with each other and we believe that everyone has the right to be who they are.

Whilst we make every effort to ensure that there is mutual agreement regarding the outcomes of the investigation of any bullying incidents, it may be that from time to time there is a disagreement between the school and parents. In such cases, parents/carers should follow the school's complaints procedure. This can be obtained from the school office and can also be found on the school's website.