

George White Junior School



A policy for Anti-Bullying

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Chairperson of the Governing Body:

Eileen Hansell

Signature of Chairperson:

Date approved by governors:

George White Junior School Anti-Bullying Procedures

Bullying is an anti-social behaviour, which affects everyone. It is unacceptable and will not be tolerated. Any reports of bullying will be taken seriously and investigated urgently.

Bullying is a problem in all schools. The first step towards dealing with it is to acknowledge this, and to deal effectively with bullying when it does occur.

Bullying is defined as:

'The repetitive, intentional hurting of one person by another, where a relationship involves an imbalance of power. Bullying can be carried out physically, verbally, emotionally or through cyberspace.' (Anti-Bullying Alliance-2008)

The four main types of bullying are:

1. Physical e.g. hitting, kicking, theft
2. Verbal e.g. name calling, racist/sexist/homophobic remarks
3. Indirect e.g. spreading rumours, excluding others
4. Cyberbullying e.g. abusive/hurtful texts/MSN comments etc, emails, 'hate websites' etc.

By laying down procedures to deal with bullying, the school is aiming to foster an atmosphere where pupils can confide in staff, knowing that bullying incidents will be handled positively and that by telling a member of staff, bullying will stop.

It is everyone's responsibility to prevent bullying. The school has an anti bullying policy, which guides the way that we are working on this issue. This leaflet contains some useful advice for parents and children

The schools anti-bullying policy outlines support offered to pupils who have been bullied and the consequences for children who bully others.

Advice to children

How to stop the bullying

If you are being bullied, you can do something about it. You can make a difference:-

1. Try to stay calm and look as confident as you can
2. Be firm and clear - look the bully in the eye and tell them to stop
3. Get away from the situation as quickly as possible
4. Tell an adult that you trust what has happened immediately - Remember, you are not to blame



Why do bullies do it?

1. They have their own problems - they may feel upset or angry or feel that they do not fit in
2. Maybe they get bullied themselves
3. They are encouraged to bully by their friends and copy their behaviour
4. They haven't learnt other better ways of mixing with people
5. Many don't like themselves and so take it out on someone else



Are you a bully?

If you are bullying, or have bullied someone, it is a good idea to get some help. Maybe you could speak to your parents or a teacher.

You can help stop bullying

Don't stand by and watch bullying happen - If you know or see that someone is being bullied, tell a trusted adult. The victim may be too scared or lonely to tell

Guidance for Parents

If your child has been bullied:

- Calmly talk to your child about his/her experiences
- Make a note of what your child says - who was said to be involved, how often has it occurred, where it happened, what has happened
- Reassure your child that he/she has done the right thing to tell you about the bullying
- Encourage your child not to respond in a similar manner to that they have experienced
- Explain to your child that he/she must report them to a teacher
- Make an appointment to see your child's teacher as soon as possible:



- Explain to the teacher about the problem - bear in mind that we may have no idea that your child is being bullied
- Try to be as specific as possible about what your child says has happened, dates, places, names if possible
- Agree to work together and stay in touch with the school to monitor if things improve or if problems continue

If your child is bullying other children:

- Talk with your child and explain that what he or she is doing is making other children unhappy
- Talk to your child about ways that they can be accepted by others without bullying
- Make an appointment to see your child's class teacher
- Regularly check with your child how things are going at school
- Give lots of praise when your child is co-operative or kind to others.

Further information about bullying can be found in the school's anti bullying policy and from the following websites:

www.childline.co.uk

www.norfolk.gov.uk/bullying

www.kidscape.org.uk

www.bullying.co.uk

www.nspcc.org.uk