

Anti-bullying

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What is bullying?

The Department for Education defines bullying as:

- Repetitive, wilful or persistent behaviour intended to cause harm, although one-off incidents can in some cases also be defined as bullying
- Intentionally harmful behaviour, carried out by an individual or a group
- An imbalance of power leaving the person bullied feeling defenceless.

The Anti-Bullying Alliance defines bullying as:

- • Intentional, repetitive or persistent
- • Hurting of one person by another, where the relationship involves an imbalance of power



Types of bullying

○ Verbal –

Verbal bullying is when someone is called names, threatened and made to feel bad

○ Physical –

Physical bullying is when someone is hit, punched, pushed or have their personal items stolen and any other kind of physical, aggressive contact

○ Social –

Social bullying is when someone is left out of games, deliberately ignored and has bad things spread about them and made to feel like an outsider

○ Cyber –

With the technology age a new type of bullying was born; Cyber Bullying. This type of bullying can be chat rooms, online, instant messaging, on a mobile phone or even e-mails



What does Orchard do?

- Encourage children to always approach an adult when upset.
- Where adults suspect bullying, all children will be spoken to understand the cause of the issue.
- Children will be encouraged to understand what has gone wrong, reflect and confront the impact of what they have done.
- All serious reported incidents are recorded on 'blue forms' which are regularly reviewed



Prevention is key

- Organised playground activities with adult led and supervised team games
- Using Peer Mediators, Learning Mentors in the playground
- Chillout, Weekly workout and girls group for pupils who struggle in the playground
- PSHCE addressing social issues such as bullying
- Circle time
- Problem & praise box
- Learning Mentor Social Skills groups
- Referral systems – self referral, peer referral and parent/carers referral
- Follow up to all incidents



Procedure

- Report to class teacher or learning mentor first, before referring to senior leadership team
- Circumstances of incident will be established by that member of staff
- Active monitoring is supporting
- Directly tackle any racist, sexist or homophobic/ transphobic language
- Decide whether the incident constitutes bullying
- Involve parents and explain action taken, why and what they can do to reinforce and support.
- Give support to both the victim and the bully
- Reward non-aggressive behaviour and help children to see other points of view
- Follow up, to support victim and prevent reoccurrence
- Make clear to parent unacceptability of bullying, eg. no 'hit him back' attitude



Provision

If there are repeated issues involving the same child then the school uses

- Social skills groups
- Learning mentors
- Increased playground supervision including peer mediators
- Circle (social and citizenship) times in class
- Lunchtime clubs

On rare occasions of serious & sustained bullying, children can be excluded.



Understanding reasons

Reasons for being a target of bullying:

- Race / Gender / Class/ Sexuality
- New child in school
- Child with family crisis
- Disability or difference of any kind
- Children who are not assertive (timid), unlikely to fight back, children with few friends, anxious or fearful children, younger children and those outside a group.

Reasons for displaying bullying behaviours:

- Victim of violence
- Enjoyment of power / creating fear
- Low self esteem
- Copying behaviour seen at home or on television
- Previously bullied themselves



How can you help?

- Try to keep a perspective and be calm.
- Follow the school procedures for dealing with incidents and don't try to deal with them yourself which poses the risk of being accused of bullying yourself.
- Parents who approach other children or parents about issues very often make the situation much worse.
- Don't give permission for bullying by encouraging children to hit back, or to 'toughen up'.
- Talk to your children at home about bullying.



LIST OF HELPFUL WEBSITES WITH GAMES AND RESOURCES

<https://www.familylives.org.uk/>

<http://www.antibullying.net/parents.htm>

<https://www.kidscape.org.uk/>

<https://www.bullying.co.uk/advice-for-parents/>

www.scre.ac.uk/bully/

www.dfes.gov.uk/bullying/

www.parentlineplus.org.uk

