



### Anti-Bullying fortnight: 13<sup>th</sup> November – 24<sup>th</sup> November 2023

We do take bullying seriously and work as a whole school, especially through our PSHE programme, to do as much as we can to ensure bullying does not happen. We support children to recognise the views of others and to help them understand that identities, lifestyle choices and attitudes will differ among people, but that prejudice and intolerance are always unacceptable. Anti-Bullying Week is one part of our ongoing work to prevent bullying.

In school, we will be:

- Making sure all children and adults mean the same thing when they talk about bullying, learning that bullying is not:
  - A one-off fight or argument
  - A friend occasionally being nasty
  - An argument with a friend
- Helping children to understand how bullying feels for the person being bullied.
- Making sure that all children feel confident about telling an adult when they know bullying is going on.
- Making sure children know exactly what to do if they are being bullied and feel confident that something will be done to stop it.
- Encouraging children to enjoy and celebrate the ways in which we are different as well as ways in which we are similar, and to feel good about themselves.
- Remind children about keeping themselves safe online.

At our school we define bullying as:

- repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online. (Anti-bullying Alliance definition).

The four key elements of this definition are that the behaviour is:

- hurtful
- intentional
- repetitive
- involves a power imbalance which can make it difficult for the person being targeted by the bullying behaviour to defend themselves.

Bullying behaviour may be:

- Physical- for example pushing, poking, kicking, hitting, biting, pinching
- Verbal – for example name-calling, teasing, belittling
- Indirect – for example spreading rumours, leaving someone out
- Cyberbullying – for example sending nasty messages, posting unkind content online, sharing photos or videos.

These different forms of bullying may occur separately or co-exist. We know that experiencing bullying can have a significant, negative and lasting impact on a child's emotional and mental wellbeing. We also recognise the negative impact that engaging in bullying behaviours or witnessing the bullying of another can have.

If you are worried that your child is being bullied, look out for signs such as behavioural changes, being moody, withdrawal, not wanting to go to school, lots of headaches or non-specific illness, sleeping badly. Of course, there could well be other reasons for these symptoms. Is anything else bothering your child? Have there been changes in your family life? Listen to your child's fears, reassure them that it is not their fault. Tell them bullying is not acceptable and you will do what you can with the school to get it to stop. Praise your child for telling you and reassure them that they have done the right thing in letting you know. Please talk to your child's class teacher if you are concerned that they have either witnessed or experienced bullying. Parents' and carers' concerns are passed on to our senior teachers, who will investigate further.