



Anti-bullying Charter

What is bullying?

'The repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power. Bullying can be carried out physically, verbally emotionally or through cyberspace.'

(Anti-Bullying Alliance)

- Bullying of any kind is unacceptable at our school
- Everyone has the right to feel welcome, safe and happy
- We should treat everyone with respect
- If bullying happens it will be dealt with quickly and effectively
- Everyone should know where to get support if something happens

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What types of bullying are there?

- Emotional (being purposefully unkind, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing - need to consider when 'banter' becomes hurtful)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money/goods with threats)
- Cyber – bullying. Email and social media misuse. Mobile threats by messaging apps and calls. Misuse of camera and video. Bullying that takes place on gaming sites.
- Prejudice-based and discriminatory, including: racial, Faith-based, gendered, homophobic/biphobic, transphobic, disability-based. (racial taunts, graffiti, gestures)
- Sexual. Explicit sexual remarks, display of sexual material, sexual gestures, unwanted physical attention, comments about sexual reputation or inappropriate touching.
- Sexist (e.g. “ you run like a girl”)
- Child/Young Person In Care / Young Carer
- Different appearance
- Poverty/wealth
- Mental health issues / General health (e.g. diabetes)

Signs of Bullying

Sometimes when children or young people get bullied their behaviour may change subtly or obviously and they may behave in one or more of the following ways:

Staff (S) Parents/Carers (P) or Friends (F)

- Is frightened of walking to or from school or changes route (PF)
- Begs to be driven to school (P)
- Changes their usual routine (PFS)
- Is unwilling to go to school (school phobic) (P)
- Becomes withdrawn, anxious or lacking in confidence (PFS)
- Becomes aggressive, abusive, disruptive or unreasonable (PFS)
- Starts stammering (PFS)
- Threatens or attempts self harm (PFS)
- Threatens or attempts to run away (PFS)
- Cries themselves to sleep at night or has nightmares (P)
- Feels ill in the morning (P)
- Performance in school work begins to drop (PFS)
- Comes home with clothes torn, property damaged or 'missing' (P)
- Asks for money or starts stealing money (PF)
- Has dinner or other monies continually 'lost' (S)
- Has unexplained cuts or bruises (PFS)
- Comes home 'starving' (P)
- Starts bullying others (PFS)
- Changes in eating habits (FP)
- Is frightened to say what is wrong (PFS)
- Afraid to use the internet or mobile phone (PFS)
- Nervous or jumpy when a cyber message is received (PF)
- Gives improbable excuses for their behaviour (PFS)

What causes Bullying?

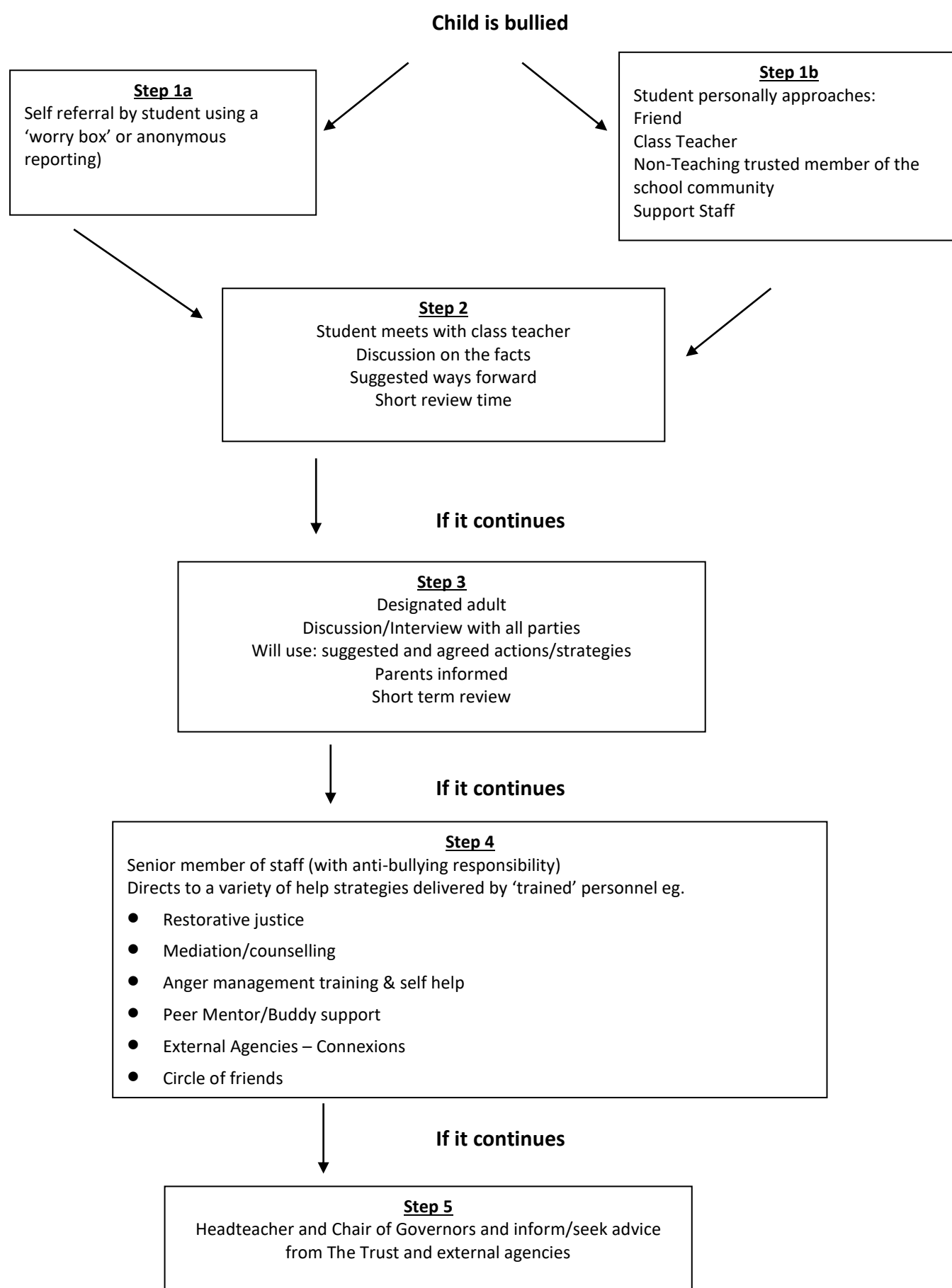
The reasons could be:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- because they are being bullied themselves
- because they see and pick on an easy target (e.g. someone who is vulnerable, won't tell anyone, is lonely or different in some way)
- because of their own mental health
- because they have problems / issues of their own
- because of messages in the media
- Parental / family attitudes
- Culture they are surrounded by

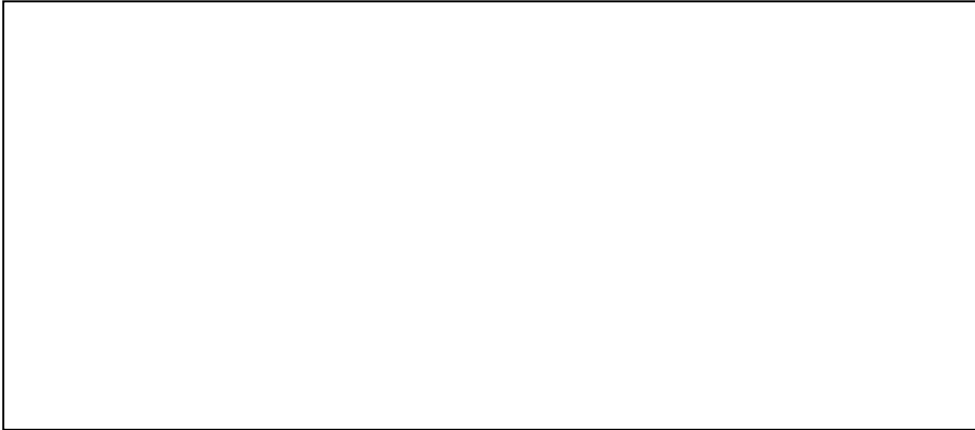
How can we prevent Bullying?

- Nominate The School Council as Anti-Bullying Ambassadors
- Teach about bullying in PHSE - JIGSAW lessons
- Model behaviours that demonstrate respect for others; that celebrate diversity
- Have a clear policy/ charter so that everyone knows what action the school is taking to prevent bullying and what to do if bullying happens
- Make sure there are clear referral routes
- Teach about bullying as part of Collective Worship and through our Christian Values
- Ensure all are clear that bullying will not be tolerated at St Mary's C of E Primary School

Recommended procedures in school for reporting bullying



Who can help in school?



Local Support

The Bath and North East Somerset Family Information Service offers impartial information about **local** services and organisations that deal with issues around bullying and harassment and other family issues. For more information contact: <https://livewell.bathnes.gov.uk/>

SARI - Stand Against Racism and Inequality – can offer support and guidance to schools around racist and other equality related bullying incidents: <https://saricharity.org.uk/>

Off the record: Providing safe places to talk and get help. <https://www.offtherecord-banes.co.uk/>

Here are a few national helplines that are also available.

National Bullying Helpline: <https://www.nationalbullyinghelpline.co.uk>

Anti-bullying Alliance: www.anti-bullyingalliance.org.uk

Childline – advice and stories from children who have survived bullying
08000 1111

Stonewall - the lesbian, gay and bisexual equality organisation founded in 1989. Founding members include Sir Ian McKellen. www.stonewall.org.uk.

Cyberbullying.org - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyberbullying. A Canadian based site www.cyberbullying.org

Think U Know - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools www.thinkuknow.co.uk

Kidscape

www.kidscape.org.uk
02077303300

Approval of Charter

- ☐ I understand what is meant by bullying
- ☐ I know where pupils can get help in school
- ☐ I know where pupils can get help out of school
- ☐ I believe St Mary's C of E Primary School and Nursery takes bullying seriously and acts upon it swiftly

Signed

_____ Pupil Representative Year 3

_____ Pupil Representative Year 4

_____ Pupil Representative Year 5

_____ Pupil Representative Year 6

_____ Chair of Governors

_____ Parent Representative

_____ Headteacher

Date: October 2022

This Charter has been developed and adopted in consultation with the whole school community