

Freedom

From

~~Bullying~~

AAB'S Book

TO Stop bullying!

lets change the world
and stop bullying now

Athletes
Against
Bullying!



Joy to the

WORLD

WOODFALL PRIMARY ANTIBULLY POLICY



At Woodfall Primary we believe that all pupils have a right to learn in a supportive, caring and safe environment without the fear of being bullied. We promote good behaviour. It is made clear that bullying is a form of anti-social behaviour. It is wrong and will not be tolerated.

What is Bullying?

Bullying is when one person or a group of people keep doing things or saying things that upsets or hurt others.

Bullying can occur through several types of anti-social behaviour. It can be:

- A) **Physical:** a pupil uses physical force to hurt another pupil by hitting, pushing, shoving, kicking, pinching or holding them down. Physical bullying also includes taking or breaking pupil's belongings to stealing or extorting money.
- B) **Verbal:** is when a pupil uses words to hurt another pupil. This includes threatening, taunting, intimidating, insulting, sarcasm, name-calling, teasing, slurs, graffiti, put-downs and ridicule.
- C) **Mental:** This includes: * Being given dirty looks or being followed. * Intimidated or manipulated. (This is often less obvious or direct than other forms of bullying).
- D) **Cyber:** refers to the use of cell-phones, text messages, e-mails, instant messages, web blogs and postings to bully another pupil in any of the ways described above. Examples of cyber bullying are sending threatening or insulting messages by phone and E-mail and spreading destructive rumours.

**I TOOK
THE ANTI BULLYING
PLEDGE**

What Forms Does Bullying Take?

- Name calling – using bad language
- excluding someone
- Destroying other people's property
- Spreading rumours
- Dirty looks
- Saying unkind things about someone
- Hurting feelings
- Sending bad text messages (Cyber bullying)



Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying need to learn different ways of behaving.

What Can You Do If You are Being Bullied?

Each term or when incidents occur, class teachers will discuss bullying and reinforce the following strategies:

- A) Remember that your silence is the bully's greatest weapon.
 - B) Tell yourself that you do not deserve to be bullied and that it is wrong.
 - C) Be proud of who you are. It is good to be individual.
 - D) Try not to show that you are upset. It is hard, but a bully thrives on someone's fear.
 - E) Stay with a group of friends/people. There is safety in numbers.
 - F) Be assertive – shout "No!" Walk confidently away. Go straight to a teacher or member of staff.
 - G) Fighting back may make things worse.
 - H) Generally it is best to tell an adult you trust straight away. You will get immediate support.
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What do you do if You Know Someone Is Being Bullied?

- A) Take action! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel sad and alone.
- B) If you feel you cannot get involved, tell an adult immediately. Teachers will deal with the bully without getting you into trouble.
- C) Do not be, or pretend to be, friends with a bully.

Speak Up!

Role Of Parents

- A) Look out for unusual behaviour in your children – for example, they may suddenly not wish to attend school, feel ill regularly, or not complete work to their usual standard.
 - B) Always take an active role in your child's education. Enquire how their day has gone, who they have spent their time with, etc.
 - C) If you feel your child may be a victim of bullying behaviour, inform school immediately. Your complaint will be taken seriously and appropriate action will follow.
 - D) If a child has bullied your child, please do not approach that child on the playground or involve an older child to deal with the bully. Please inform school immediately.
 - E) It is important that you advise your child not to fight back. It can make matters worse!
 - F) Tell your child that it is not their fault that they are being bullied.
 - G) Reinforce the school's policy concerning bullying and make sure your child is not afraid to ask for help.
 - H) If you know your child is involved in bullying, please discuss the issues with them and inform school. The matter will be dealt with appropriately.
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Strategies For Dealing With Bullying

The following is a list of actions available to staff depending on the perceived seriousness of the situation. The emphasis is always on a caring, listening approach as bullies are often victims too – that is why they bully.

If bullying is suspected we will:

A) Talk to the suspected victim, and any witnesses.

B) Identify the bully and talk about what has happened, to discover why they became involved. Make it clear that bullying is not tolerated.

C) If the bully owns up then teachers and staff should determine a suitable punishment.

D) Continue monitoring the situation to ensure no repetition. The follow-up findings will be recorded in the monitoring section of the school Incident Log.



Summary

By embracing the "whole school" concept we ensure that everyone, pupils, parents, carers, teachers, support staff, governors, and outside agencies are brought together to develop a culture which openly disapproves of bullying. All reports of bullying will be taken seriously and investigated fully. Appropriate measure will be taken to reassure and support the victim and modify the behaviour and attitude of the bully.

Monitoring and Review

This policy is monitored on a day-to-day basis by the AAB Ambassadors who report to head teachers about the effectiveness of the policy on request.

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Anti-bullying Pledge

This is for me...
...my friends today...
And my friends tomorrow.

I care

I won't watch someone get picked on

I can be a leader

I can help change things

In my school there are no bullies allowed.

Bullying is bad...

Bullying bothers me.

I know sticking up for someone is the right thing to do...

And I won't stand by...

I will stand up. And speak up!

