



Pendock CE Primary School

Be the best that you can be

Pendock CE Primary School Anti-Bullying Policy

We aim to enable and encourage all those connected with Pendock school to be the best that we can be. By living out our Pride in Pendock values, we strive to inspire children, parents, staff and our wider community to fulfil their potential and enjoy life in all its fullness.

Pendock CE Primary School is committed to safeguarding and promoting the welfare of children and young people and expects all staff, volunteers and members of our community to share this commitment.

At Pendock, we accept the responsibility for maintaining an agreed, acceptable standard of discipline and for regulating the conduct of our children.

We do not want any child to be a victim of bullying. We, therefore, endeavour to help all children to develop good self-esteem, the confidence to be assertive and to form good relationships with others. Our Behaviour Policy is based on the use of Christian values, positive reinforcement strategies, Assertive Discipline methods and providing choices.

There are appropriate procedures in place for dealing with persistent, difficult and disruptive behaviour. We work in partnership with parents to resolve any difficulties.

What is bullying?

Bullying is perceived to be **repeated or persistent** forms of the following:

Physical: pushing, kicking, hitting, pinching, any other form of violence, verbal threats

Verbal: name-calling, sarcasm, spreading rumours, teasing

Emotional: excluding (i.e. sending to Coventry), tormenting (i.e. hiding books, threatening gestures), ridicule, humiliation.

Racist: racial taunts, graffiti, gestures

Sexual: unwanted physical contact or abusive comments

Cyber (online): threatening, abusive, tormenting, teasing messages or comments via the use of email, text message, messaging sites.

Homophobic: examples may be in the form of the above related to a person's actual or perceived sexuality.

Aims

Our policy aims to confront the problem of bullying in a positive way. This is both in terms of prevention and in the way we react should a case arise.

Research has shown that punitive approaches to bullying are not successful and that methods that aim to change the behaviour of the individuals involved in a positive way are successful. Therefore, when reacting to a case of bullying we will use an approach that does not include any punitive measures at any stage.

Each year we focus on "Say No to Bullying" as part of our Personal, Social Health, Emotional and Citizenship curriculum, our Relationship and Sex Education Policy, as well as supporting our focus on developing British Values through our vision, Pride in Pendock and Christian Values.

NO BLAME APPROACH

The philosophy of this approach is that people acquire a feeling of well-being when they are doing something good for someone else. The bully is clearly supported by this approach and will raise their own self-esteem by being able to actively help the victim. The bully has not been exposed or punished and does not have all the associated feelings of anger or power that make him/her want to bully again. They will learn ways of doing something positive to help someone else and will learn to care about the well-being of the victim

GUIDELINES for the NO BLAME APPROACH

1 Interview the victim. Search for their feelings. Ask who is involved? What has been going on? How does that make you feel? Is it affecting the child in other ways? When do they think about it? Are they happy to come to school?

Tell the child that you want to help them and that you would like to set up a group of people who can help them with this problem. Tell the child that you are going to tell the group what has been happening and how that is making you feel. Reassure the child that by doing this you are sure that the situation will be made better. However, also check that the child is comfortable with all the things that you are going to say. Is there anything that the child is not happy about you saying? Arrange a special sign that the child can do to let you know how things are.

2 Select a group of about six children. **This group will not include the victim.** The group should consist of a good mixture of children. It should include one or two of the victim's friends, the bully/ies and a couple of children who are known to you to be well-respected.

3 Call a meeting of the above group. Explain that you have a problem and that you really want them to help you to sort it out. Explain the problem to the group by saying what has been happening to a child in school and how it is making the child feel. Avoid using the word "bullied" but describe the actions and the results.

Emphasise the feelings and the effects that the actions are having. At this point the children may

make suggestions of who the victim is and who the bully is.

Acknowledge that yes, that is the victim, but react to the suggestion of who the bully is by saying that you do not really want to know who has been doing it but that you want to help the child who is upset, and that you really need all of the children in the group to think about how they can help the child to feel better. Ask what sorts of things they could do to make the child feel better? What can we do? Ask each child in the group to make a suggestion. Write down the suggestions. Recap on the suggestions. Affirm that all are going to help make the child feel better if they carry out these suggestions. Introduce the notion of a special sign. From now on when the children see you in school ask them to give you a special sign to let you know that they have been carrying out the suggestions. Let the children choose their own sign—a smile, thumbs up, etc.

4 Leave it to the children to carry out their suggestions.

5 Monitor situation through use of special signs. Arrange separate meetings with :

a) the victim, b) the group or c) individuals to discuss how things are going if deemed necessary. Often the smile on the child's face will say it all!

What to do if bullying continues

Meet with Head to discuss further intervention and approaches. Refer to the guidance provided in the Worcestershire County Council Young Person Anti-Bullying Policy. Further guidance can also be sought from **Kidscape**.

This policy will be reviewed annually and any changes submitted to the Governing Body for approval.