

What happens next?

- The parents of the victim and bully will be contacted.
- Parents of the bully will be asked to be involved in the implementing of sanctions. This may range from school based sanctions such as loss of playtimes or privileges through to exclusion in more severe cases. In matters of exclusion, the school will adhere to the DFE guidance.
- The child who is the victim and their parents will be informed that action has been taken and the general strategies used by the school in bullying incidents.
- The victim of the bullying will be offered opportunities to talk to a designated adult and regular checks will be made on their wellbeing.
- If needed, support will be offered to help develop confidence and interpersonal skills.
- It may be appropriate to offer the bully support to develop their self-esteem and communication skills through ELSA.
- The situation will be monitored following the incident for as long as is felt necessary. If further support is needed, then this will be put in place in school and parents will be notified.

What to do if you think you are being bullied:

- Tell someone **who you trust**, it could be a friend, a teacher, teaching assistant, playtime supervisor, member of your family or a family friend.
 - Ignore the person and walk away.
 - Don't fight back.
 - Don't argue back, it might make it worse.
 - Don't do what they say.
 - Don't think it's your fault.
 - Don't hide it.
 - Block any online bullying.
- "Two wrongs do not make a right." - Fox Class.**

What to do if you think you see someone else being bullied:

- Tell someone, all members of staff are trained with dealing with bullying.
- If you think you can - tell them to stop.
- Don't fight or argue back it might make it worse and you might get hurt in the process.
- **Take the person away (if they want to) to see if they are okay.**
- **Explain why bullying is wrong and give advice.**
- Treat someone the way you want to be treated.
- Don't hide it - tell someone!
- Do not bottle up your feelings.



Bersted Green Primary School

Anti-Bullying Policy

Written by School Councillors
2024 - 2025

What is a bully?

A bully is someone who 'hurts' another individual or group either physically or emotionally repeatedly.

Bullying is behaviour by an individual or group that is done knowingly, on more than one occasion to intentionally hurt others.

It can be motivated by actual differences between children, or perceived differences and at Bersted Green, we recognise that this may take many forms:

It can include:

- **Physical against a person** - for example pushing, **biting**, **chasing**, kicking or hitting.
- **Physical against belongings** - stealing, hiding or breaking someone's things.
- **Verbal/Non-verbal** - name calling, insulting comments or making racist, gender, or physical remarks, **teasing someone**, frightening someone into doing things they don't want to do (**controlling**), **making comments about families**.
- **Indirect** - spreading nasty stories about someone or excluding someone from social groups through insulting and **being disrespectful**.
- **Cyber Bullying** - uses technology - e.g. through social media sites, shared entertainment, **gaming sites**, texting or by uploading images or text.

What does the school do to help promote a culture of anti-bullying?

- We have assemblies where relationships and responsibilities to others are discussed.
- We have regular PSHE lessons from Early Years to Year 6, where all classes develop their understanding and value for themselves, their family and the relationships with others.
- We will work with parents to resolve difficulties if they arise.
- The School Council will ensure that the pupil voice is given opportunities to discuss the anti-bullying culture - which is promoted throughout the school.
- All adults within the school community take time to know the children they work with and listen to their concerns.
- Teachers discuss issues as needed by the class and to support developing self-esteem and value for others.
- Being honest, taking ownership and responsibility for my actions.
- Welcoming others and making an effort to be a friend.
- There is always highly visible staff presence to provide playground support.
- There is a range of playtime equipment and staff facilitate an understanding of fair play.

- Bullies need to learn how to be nice, so people are happier in their lives and do not become nasty as you get older.

What will we do if there is an incidence of bullying?

- First step is to tell an adult. This may be a playground supervisor, teacher or teaching assistant. This can be reported by the child involved or by a witness.
- One-off incidents will result in a warning or behaviour letter depending on the nature of the incident.
- All teachers must give copies of behaviour reports to Ms. Jarvis and notify the class teacher.
- We will listen carefully to all involved, establish the facts and possible solutions, take action and evaluate its success.
- All 'established' acts of bullying will be recorded in writing.
- Appropriate sanctions will be taken and discussed with Ms Jarvis and parents.

"It is important to know that bullying does not just happen in person, it can also be online" - School Council 2024