



The Abbey CE VA Primary School Anti-Bullying Guide for Parents

At Abbey Primary School, we are committed to creating an environment where exemplary behaviour is at the heart of productive learning.

The entire Abbey School community, children, staff, parents and governors, are expected to maintain the highest standards of personal conduct, to accept responsibility for their behaviour and encourage others to do the same.

We encourage our learners to be ambitious for themselves and for others, as we challenge and support them in questioning the world and in finding solutions.

We want our learners to be ready to learn, to be respectful of each other and to feel safe.

Ready Respectful Safe

Abbey School community believe that we all have the right to learn in an orderly community in which effective learning can take place. As part of our commitment to this right, we review our behaviour policy annually to enable all our children to be:

- **READY to learn** – we arrive at school on time and we show that we are listening
- **RESPECTFUL** – we listen when others speak and we respect the property of our friends and the school.
- **SAFE** – we move around school in a safe manner, we follow instructions to keep ourselves safe, we use equipment safely and we stay safe online.

Everyone at the Abbey School has the right to feel welcome, secure and happy. Bullying prevents this being able to happen. It is everyone's responsibility to prevent this happening.

Abbey School Golden Rules

We believe in working together for excellence for all. We have six Golden Rules to help us do this.

We are gentle

We don't hurt others

We are kind and helpful

We don't hurt anybody's feelings

We listen

We don't interrupt

We are honest

We don't cover up the truth

We work hard

We don't waste our own or other's time

We look after property

We don't waste or damage things

What is bullying?

Bullying can happen to anyone. Most definitions consider bullying to be:

- Deliberately hurtful
- Repeated over a period of time
- Difficult for victims to defend themselves

Bullying may include:

- Physical - hitting, kicking, hair pulling, taking belongings, damage to property, deliberately disrupting work or play
- Verbal - name calling, insulting, saying nasty things, hurtful teasing, put downs, threats
- Indirect - spreading nasty stories, leaving someone out, not letting someone participate

Specific types of bullying can include:

- **racist bullying** because of your skin colour
- **religious bullying** because of your beliefs or faith
- **sizeist bullying** referring to your body size
- **sexist bullying** focusing on you being of the opposite sex
- **cyberbullying** targeting you online, often anonymously
- **homophobic bullying** based on your sexual orientation
- **bullying because you are different**

Bullying is not something that we can wave a magic wand at to make it disappear. There is much we can do in schools and at home to protect children and staff from becoming victims of bullying but there are some very simple things we can all do to stop people from wanting to bully others too.

People are less likely to bully if:

- They have secure relationships
- They feel good about themselves
- They have empathy for others
- They are emotionally literate

We all have a part to play in helping each other develop these attributes.

We know bullying happens a lot

We always think of bullying as something that happens between pupils, but sometimes adults can be bullies or victims too.

We know bullying affects learning

We cannot access the higher order thinking skills necessary to do well at school if we are distressed.

We know bullying is an abused term

Some pupils and parents might call a one off incident an act of bullying because they think it will be taken more seriously. Bullying is classified as a repeated behaviour but any distressing incident should be treated with importance.

We know it transcends class

In fact, more affluent areas of the county have higher levels of bullying. Perhaps people with more sophisticated communication skills and more status to protect are more likely to bully others.

We know where it happens

Bullying doesn't just happen at school, it's on the way there, out at the weekend or at work. With the Internet and mobile phones, it's in children's bedrooms and homes too. In school, it often takes place in classrooms and on the playground, even when staff are present.

We know what bullying looks like

It can be physical, but it's more likely to be with words, a look or alienation. It can be on websites, in emails and text messages.

We know how it feels

Sad ▪ Angry ▪ Lonely ▪ Misunderstood ▪ Confused ▪ Frightened ▪ Insecure ▪ Worthless ▪ Isolated

We know what the lasting effects are

Difficulty trusting others ▪ Being quiet, timid or shy ▪ Lack of confidence and low self-esteem ▪ Pretentiousness ▪ Find it hard making friends ▪ Feelings of shame and regret ▪ Poor achievement ▪ Poor mental health, depression, self-harm and sometimes suicidal thoughts or actual suicide

We can start to explain why it happens

Jealousy ▪ Feelings of inadequacy ▪ To become popular ▪ To stay popular ▪ They're being bullied by someone else ▪ Bored ▪ Competition for attention ▪ See it on TV ▪ Don't want to share their friends ▪ Power

We know bullies are often victims

Bullies copy behaviour that is happening to them or bully to make others feel as bad as they do. Sometimes, a victim who has been bullied for years might lash out and get in trouble and their bully might escape investigation.

Dealing with bullying

- First, discourage your child from using bullying behaviour at home or elsewhere.
- Second, email the class teacher or organisation to investigate the allegation.
- Third, watch out for signs that your child is being bullied, or is bullying others.

What can Abbey School children do?

- Remember their Golden Rules
- Tell an adult within school if bullying is happening
- Or if another child tells you that they are being bullied or if you see something taking place, you must tell a member of staff

Remember **STOP!**

To help you identify bullying and how to **STOP** it:

Several Times On Purpose

Start Telling Other People

Websites

The websites below have lots of information and advice for anyone who has experienced bullying.

- The Child Exploitation and Online Protection Centre (CEOP) maintains a website for children and young people, and parents and carers about staying safe online: [Think U Know](#)
- Childline: [information about bullying](#)
- Kidscape: [information for young people](#)
- BullyingUK - one in five young people have experienced bullying by text message or via email. This website gives advice for children and parents on bullying.

Reporting Cyberbullying

- If someone makes you feel uncomfortable or upset online, talk to an adult you can trust, such as a relative or a teacher. If you would prefer to talk to someone in confidence you can contact **Childline** (0800 1111)
- If someone has acted inappropriately online towards you, or someone you know, you can report directly to the **Child Exploitation and Online Protection Centre** (CEOP). It could be sexual or threatening chat, or being asked to do something that makes you feel uncomfortable or someone asking to meet up.

Helplines

- **Childline**: Childline is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there. Call 0800 1111. They have a designated page for bullying issues that includes a new video about building up your confidence after bullying.
- **Direct Gov**: Information for young people on cyberbullying, bullying on social networks, Internet and email bullying, bullying on mobile phones, bullying at school, what to do about bullying, and information and advice for people who are bullying others and want to stop.
- **EACH**: EACH has a freephone Helpline for children experiencing homophobic, biphobic or transphobic bullying or harassment: 0808 1000 143. It's open Monday to Friday 10am-5pm.
- **Victim Support**: They offer support to young people affected by crime. Their Children and Young People's (CYP) Service also deals with cases of bullying; offering advice and working with professionals to ensure young people get the support they need. You can call their Supportline for free on 08 08 16 89 111.

