

Anti- Bullying

Bullying takes many forms and can have a devastating effect on children's self- confidence and emotional wellbeing. It is vital that we nip in the bud, all forms of bullying in our classrooms and around our school.

At Stubbings, bullying of any kind is unacceptable and will not be tolerated.

We hope you will support us by sharing the Golden Promises and with your child and discussing with them the importance of being kind and caring to everyone.

We have enclosed a copy of our Anti-Bullying Policy for you to read and if you have any questions or would like to discuss any aspects of behaviour with us, please do not hesitate to contact school:

Tel: (01422) 842728

Email: head@stubbings.calderdale.sch.uk or

admin@stubbings.calderdale.sch.uk





Anti-Bullying Policy

At Stubbings bullying of any kind in our school is unacceptable and will not be tolerated. This policy challenges those behaviours that are perceived by the individual to be bullying.

We will confront bullying behaviour.

Bullying is behaviour which deliberately makes another person feel uncomfortable, distressed or threatened. Bullying is repeated over time. Bullying makes those bullied feel powerless to defend themselves.

At Stubbings:

- everyone has the right to feel welcome, secure and happy
- we will treat everyone with consideration
- if bullying happens it will be dealt with quickly and effectively
- it is important to tell someone

What types of bullying are there?

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money / goods with threats)
- Cyber (all areas of internet, email and internet chatroom misuse), mobile threats by text messaging and calls, Misuse of associated technology ie: camera and video facilities including those on mobile phones.
- Racist (racial taunts, graffiti, gestures)
- Sexual (unwanted physical contact, sexually abusive comments)
- Homophobic (because of, or focusing on the issues of sexuality)

What are the signs and symptoms of bullying?

A person may indicate by signs or behaviours that they are being bullied. Everyone should be aware of these possible signs and should investigate if the person:

- Changes their usual routine
- Is unwilling to go to school
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts screaming
- Threatens or attempts suicide
- Threatens or attempts self-harm
- Threatens or attempts to run away
- Cries themselves to sleep or has nightmares

- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Has unexplained cuts or bruises
- Bullying others
- Changes in eating habits
- Is frightened to say what is wrong
- Give improbable excuses for their behaviour

What causes bullying?

People bully for different reasons. These 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 (Small, won't tell anyone, lonely or different in some way).

At Stubbings we recognise the need to also support the person doing the bullying.

We will prevent bullying by:

- Developing an effective anti-bullying policy and practice appropriate to the needs of our very young children. The school will become a safer and happier environment, with consequent improvements in attitudes, behaviour, and relationships and with a positive impact on learning and achievement.
- Regular praise of positive and supportive behaviour by all staff
- Work in school which develops empathy and emotional intelligence (SEAL)
- Any incidents treated seriously and dealt with immediately
- Consistent approach to behaviour throughout school by all staff
- All pupils will be supported by:
 - Golden Promises
 - Rainbow buddies
 - Friendship Groups
 - Silver Seal Groups
 - Class Charters
 - Top Table
 - Anti-Bullying Week
 - SULP Groups
 - Celebrating Good Behaviour

Why it is important to respond to bullying?

- **Bullying Hurts!**
- Everybody has the right to be treated with respect
- Everybody has the right to feel happy and safe
- No-one deserves to be a victim of bullying
- Bullies need to learn different ways of behaving.

Our school will respond promptly and effectively to reported incidents of bullying.

The Golden Promises

- We listen
- We are gentle
- We are kind and helpful
- We are honest
- We work hard
- We look after property

