

# Shoreham Beach Primary School



## Anti-Bullying Policy

Revised: November 2022

Next revision: November 2024

## **Definitions**

### **What is bullying?**

Bullying is consistently and deliberately hurting somebody physically, verbally or emotionally. Bullying is when such an incident happens more than once.

### **Bullying can be:**

Name calling, hurting physically e.g. punching, racism, teasing, ignoring and leaving people out, gender inequality, swearing at someone, lying about someone, spreading rumours or inappropriate images, damaging property, nasty looks or commenting on social media platforms.

### **Bullying will not be tolerated in Shoreham Beach Primary School.**

It is not an acceptable part of growing up. Every pupil has the right to enjoy learning and leisure, free from intimidation. Pupils are encouraged to support each other by reporting all instances of bullying.

## **The School's Approach to Bullying**

Bullying, both verbal and physical, will not be tolerated in this school. It is everyone's responsibility to prevent it happening and with this in mind we have laid down the following guidelines.

The school will react firmly and promptly where bullying is identified. There is a range of sanctions available to the staff depending on the perceived seriousness of the situation.

### **Some of these include:**

1. Relevant adult discusses the incident with victim, bully and any witnesses
2. Follow up meeting at an appropriate time
3. Referral to Headteacher. Contact with all parties involved i.e. Head, parents, victim, bully and witnesses
4. Use of Behaviour Policy
5. Internal exclusion from class
6. Exclusion from school during lunchtime
7. Exclusion from school for a fixed period

### **The school will:**

- 1) Support children who are being bullied. This may include the setting up of support networks and antibully meetings.
- 2) Support the bully to change his/her behaviour by giving strategies and setting up support networks and anti-bully meetings.
- 3) Take bullying seriously and find out the facts of any incident.
- 4) Meet those concerned individually and as a group.
- 5) A member of staff, chosen by the victim will regularly (weekly) monitor the situation and support the victim.
- 6) Use peer group pressure to actively discourage bullying.
- 7) Break up bully groups where it seems necessary.
- 8) Involve parents at an early stage.
- 9) Help children develop positive strategies and assertion (through RHE curriculum and circle time activities).
- 10) Be equally concerned about bullying to and from school.
- 11) Record incidents of bullying on CPOMs that allows for monitoring of behaviour.

- 12) Discuss with, and involve, children in agreeing expected behaviour.
- 13) Request help from outside agencies.
- 14) Involve the police where necessary.
- 15) Obtain apologies from bullies.
- 16) Insist 'borrowed' or stolen items are returned or replaced.

## **Parents**

It is always a good idea to take an active interest in your child's social life and chat about friends and their activities in and out of school. As well as keeping up to date with your child's friendships you may well learn of disagreement or difficulties.

Watch for signs of distress in your children, for example, there could be an unwillingness to attend school, headaches, stomach aches etc. Toys or equipment going missing. Request for extra pocket money etc.

There are many reasons why your child may be unsettled at school, bullying is always a possibility. If you think the child is being bullied, inform the school immediately and ask for a meeting with the class teacher.

If you are dissatisfied with the outcome, request a meeting with the Head.

If you are still dissatisfied, speak to a Governor about your problem.

Remember it is everyone's responsibility and allow the school time to investigate the problems. All reports will be investigated urgently.

## **Bullying - Advice for Children**

Shoreham Beach Primary School is a listening school with lots of people ready to help. If you are being bullied, obviously you want it to stop. Don't blame yourself. It is the bully who is at fault. Do something about it. A bully is as big as you let them be. Tell on them.

### **If you are being bullied:**

- 1) Try to ignore the bully's comments. If they do not stop tell an adult.
- 2) Try to act confidently - even if you do not feel this way inside.
- 3) Get your friends together and say no to the bully.
- 4) We all have differences, be proud of yours, it's good to be an individual.
- 5) Avoid being alone in places where bullying happens.
- 6) If you feel you are in danger, get away as quickly as possible and find an adult to help you.

### **You can help stop bullying:**

- 1) Don't stand by and watch - fetch help. Make sure your voice is heard.
- 2) Show that you and your friends will not accept any bullying but stay calm.
- 3) Think before you speak! Be careful about teasing or personal comments - imagine how you might feel.
- 4) If you know of any bullying, tell an adult that you trust.
- 5) A bully is as big as you let them be. Tell an adult at any time! 6) Be kind, truthful and don't judge.

### **If the Bullying Does Not Stop**

- 1) Tell your teacher, another adult or a friend.
- 2) Keep on speaking up until someone listens.
- 3) Also tell your family.

## **Shoreham Beach Primary School Anti-Bullying Strategies**

1. We aim to create positive classrooms where good behaviour is expected from all.
2. We try to notice what happens outside the classroom as well as inside it.
3. We show an interest in all children.
4. We encourage children to support each other.
5. We vary ways that we group children so that they learn to collaborate with each other.
6. We pair and group children for working so that they teach and learn from each other.
7. We endeavour to be fair and consistent in our dealings with children.
8. We insist on children telling the truth.
9. We praise good behaviour as much as possible.
10. We have classroom routines.
11. We involve children in classroom management.
12. We talk to children about behaviour.

### **Further Information:**

Cyber bullying is addressed through our modules of work on E-safety.  
Our Online E-safety Policy can be found on the school website.