

Anti-Bullying Policy

Lever House Primary School



2024-2025

ANTI-BULLYING POLICY

Statement of Intent

At Lever House Primary School we are committed to providing a warm, caring and safe environment for all our children so that they can learn and play in a relaxed and secure environment. Bullying of any kind is unacceptable and will not be tolerated in our school. We take all incidents of bullying seriously. We are a TELLING school. This means that anyone who knows that bullying is happening is expected to tell the staff.

Aims and Objectives of this Policy

The aim of this policy is to try and prevent and deal with any behaviour deemed as bullying. The implementation of this policy will create an ethos where bullying is regarded as unacceptable so that a safe and secure environment is created for everyone to learn and work in. All members of our school and wider community have a responsibility to recognise bullying when it occurs and take appropriate action in accordance.

What Is Bullying?

We believe that Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards other people. It is repeated over a period of time and it is very difficult for the victims to defend themselves.

Remember STOP - it happens Several Times On Purpose.

Bullying can be:

- Emotional being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation

- Verbal name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone
- Physical pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things
- Racist racial taunts, graffiti, gestures, making fun of culture and religion
- Sexual unwanted physical contact or sexually abusive or sexist comments
- Homophobic because of/or focussing on the issue of sexuality
- Online/cyber setting up 'hate websites', sending offensive text messages, emails and abusing the victims via their mobile phones
- Any unfavourable or negative comments, gestures or actions made to someone relating to their disability or special educational needs.

Bullying is not:

It is important to understand that bullying is not the odd occasion of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone. It is bullying if it is done several times on purpose (STOP). Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns, the odd name calling or childish prank. We all have to learn how to deal with these situations and develop social skills to repair relationships.

The four main types of bullying are:

- Physical (e.g. hitting, kicking, theft).
- Verbal (e.g. name calling, racism)
- Indirect (e.g. spreading rumours, excluding someone from social groups)
- Cyberbullying (e.g. texting, social networking)

There are a range of sanctions available to the staff depending on the perceived seriousness of the situation. Some of these include:

- Discussions with parents and children
- Withdrawal of favoured activities
- Referral to senior staff

- Exclusion from school during lunchtime
- Exclusion from school

The school will:

1. Provide the below:

- Monitor children's feelings on a daily basis
- Support children who are being bullied by:
 - Working with our Family Support Worker - Amanda
 - Circle time with whole classes
 - Keeping the profile of an anti-bullying ethos high within school
 - Raising awareness in assemblies and PHSE lessons
 - Planned opportunities and activities during Anti-Bullying Week

2. Lever House will endeavour to help bullies to change their behaviour by:

- Circle time with whole classes
- Engage them during Anti-Bullying Week
- Having a trained mentor available
- Keeping the profile of an anti-bullying ethos high within school
- Having a named person who children can talk to

3. Take all reports of bullying seriously and find out the facts of any incident:

- Meet those concerned individually
- Use peer group pressure to actively discourage bullying
- Involve parents at an early stage
- Help children develop positive strategies and assertive techniques.

4. Be equally concerned about bullying to and from school.

5. Record incidents of bullying in a consistent way, via CPOMS, that allows for monitoring of behaviour.

6. Discuss with and involve children through the School Behaviour Policy; this will be achieved through classroom discussions and regular assemblies that discourage bullying and encourage consideration for others.
7. Request help from Educational Psychologist where necessary.
8. Involve the police where necessary.
9. Exclusion may be used if appropriate

Pastoral Advice

It is everyone's responsibility to prevent bullying. Here are some ways to assist as a parent.

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 disagreements or difficulties. Children can become upset because of normal peer conflict and it is important to differentiate between this and bullying.

Watch for signs of distress in your children. There could be an unwillingness to attend school, headaches, stomach aches etc., toys or equipment going missing, requests for extra pocket money etc. There are many reasons why your child may be unsettled at school, bullying is one possibility.

If you think your child is being bullied inform the school immediately and ask for a meeting with the class teacher who will deal with the incident.

If you are dissatisfied with the outcome, request a further meeting with a senior member of staff. If you are still dissatisfied, speak to a governor about your concerns.

Remember it is everyone's responsibility to combat bullying. All reports will be investigated thoroughly and appropriate action taken.

What can you do if you are being bullied? Wherever you are in school, you have the right to feel safe. Nobody has the right to make you feel unhappy. If someone is bullying you, it is important to remember that it is not your fault and there are people who can help you.

The children were all asked this question and we have included some of their strategies in the list below:

- Try not to let the bully know that he/she is making you feel upset.
- Try to ignore them.
- Be assertive – stand up to them, look at them directly in the eye, tell them to stop and mean it.
- Stay in a group, bullies usually pick on individuals.
- Get away as quickly as you can.
- Tell someone you can trust – it can be a teacher, a teaching assistant, a midday supervisor, a parent, a friend, a brother, a sister or a relative.
- If you are scared, ask a friend to go with you when you tell someone.
- If you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box.
- When you tell an adult about the bullying give them as many facts as you can (What? Who? Where? When? Why? How?).
- Keep a diary of what's been happening and refer to it when you tell someone (see Appendix 1).
- Keep on speaking out until someone listens and helps you.
- Never be afraid to do something about it and quick.
- Don't suffer in silence.
- Don't blame yourself for what is happening.
- Call a helpline.

What can you do if you see someone else being bullied? (The role of the bystander)

Ignoring bullying is cowardly and unfair to the victim. Staying silent means the bully has won and gives them more power. There are ways you can help without putting yourself in danger. The children have also discussed this question in class and some of the strategies they suggested are listed below:

- Don't smile or laugh at the situation.
- Don't rush over and take the bully on yourself.
- Don't be made to join in.
- If safe to do so, encourage the bully to stop bullying.
- If you can, let the bully know you do not like his or her behaviour.
- Shout for help.
- Let the victim(s) know that you are going to get help.
- Tell a member of staff as soon as you can.
- Try and befriend the person being bullied.

- Encourage the person to talk to someone and get help.
- Ask someone you trust about what to do.
- If you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box.
- Call a helpline for some advice.

Bullying of children with Special Educational Needs

Lever House Primary School is an inclusive school. We provide a secure, accepting, safe and stimulating environment where everyone is valued for who they are.

We have some children who have learning disabilities and/or communication difficulties. Everyone involved in the school is very aware that these children can be especially vulnerable to bullying and we are therefore particularly vigilant at all times.

High attainers, gifted or talented pupils can also be affected by bullying. Staff will treat this type of bullying as seriously and in the same way as any other type of bullying.

MONITORING AND REVIEW

The incidence of bullying will be monitored by the behaviour management system by the Headteacher or Deputy Headteacher.

This policy will be reviewed each year in accordance with the Policy Review Calendar.

Date: September 2024

Review: September 2025

Signed: Miss E Cooper

Useful Contacts

Name of organisation	Telephone number	Website

Act Against Bullying	0845 230 2560	www.actagainstbullying.org
Anti-bully	Not available	www.antibully.org.uk
Childline	0800 1111 (helpline for children)	www.childline.org.uk
NSPCC	0207 825 2500	www.nspcc.org.uk
Anti-Bullying Alliance	Not available	www.anti-bullyingalliance.org.uk
Young Minds	0808 802 5544	www.youngminds.org.uk/find-help/feelings-and-symptoms/bullying/
Kid Scape	Not available	https://www.kidscape.org.uk