

# **Little Sutton Primary School**



## **Anti-Bullying Policy**

### **A Guide for parents**

## Little Sutton Expectations

At Little Sutton School we aim to achieve and sustain the highest standards of behaviour and discipline in order to make the children's experiences of school life enjoyable, safe, secure and rewarding. We recognise the need for close partnership with parents and this leaflet has been designed to help you to continue to support us in our aims.

Together, as a school community we aim to have a fair and positive approach to behaviour which encourages everyone to be kind, respectful and tolerant towards each other to create a happy and safe environment. We create an ethos of being in one happy family at Little Sutton.

### What is Bullying?

- Hurting another person, or group, **on purpose, more than once**.
- It can be direct such as verbal or physical attacks or persistent name calling. Bullying can involve **using violence, hurtful words or ganging up** to make another person feel **helpless**.
- It can be indirect such as isolating or deliberately leaving someone out of their social group, spreading malicious rumours, taking, hiding or destroying someone else's possessions.
- It can happen **face-to-face** or through the **Internet**.
- There are many different types of bullying including: emotional, physical, verbal, racist, homophobic, sexist and cyber.

### What is Cyber Bullying?

- Cyberbullying is when a person or people use mobile phones, social networks, emails, gaming or **any digital technology to threaten, tease or humiliate** someone else.
- This online behaviour is usually **repeated**.
- It can consist of threats and intimidation, harassment and stalking, defamation, rejection and exclusion, identity theft, hacking into social media accounts and impersonation, publically posting or sending on personal information about another person or manipulation.

### Bullying is NOT:

- Rough/ aggressive play
- Play fighting
- Falling out
- Disagreement
- Isolated aggressive incidents
- Clash of personalities/ dislike for someone
- However, these things can lead to bullying if they continue



## How the school helps to prevent bullying:

- Effective supervision of children.
- Praise given for co-operative behaviour.
- Themes such as friendship, trust, conflict and other anti-bullying messages are planned into assemblies, circle time activities, stories and displays.
- Special events such as 'Anti Bullying Week' and 'Safer Internet Day' to raise awareness
- Visits from the police liaison officer and other outside agencies to provide guidance and support.
- Helping the children understand what bullying is.
- Providing children with strategies to deal with bullies.
- Ensuring that children know where they can get help from if they are being bullied.
- Encouraging children to look out for and report anyone they think is being bullied.

## What will the school do if bullying is reported?

- Bullying incidents should be reported to the class teacher.
- An investigation will be carried out to find out if bullying has taken place or if the incident is of a different nature.
- Parents will be contacted and told of the outcome of the investigation and any action that has been taken.
- Where serious and persistent bullying has taken place the parents of both parties will be informed and invited into school to discuss actions relating to this.
- Incidents of serious and persistent bullying will be reported to the governing body.

## What can parents do?

- Talk calmly with your child about what is upsetting them.
- Ensure your child's class teacher is aware of your concerns.
- Reassure your child that you trust the school to sort out the problem.
- Discuss with your child the safe use of the internet ensuring that they understand that they must always respect others and be careful what they say online. We recommend that you use parental control and privacy settings.
- Encourage your child to tell you or another trusted adult if someone or something makes them feel uncomfortable or worried or if they or someone they know is being bullied online.
- Make an appointment to see a senior member of staff if the problem continues.



## Further Support:

The following organisations provide support for parents and children dealing with specific bullying issues and the social, mental or emotional affects caused by bullying.

### **Kidscape:**

<https://www.kidscape.org.uk/>

### **Childline:** 0800 1111

<https://www.childline.org.uk/>

### **NSPCC**

<https://www.nspcc.org.uk/>

### **Anti-bullying alliance**

<http://anti-bullyingalliance.org.uk/>

### **Young Minds**

<http://www.youngminds.org.uk/>

### **Family Lives**

<http://www.familylives.org.uk/>

### **Thinkuknow**

<https://www.thinkuknow.co.uk/>

### **CEOP**

<https://ceop.police.uk/>

