

St Gregory's School, Marnhull



Anti-Bullying Policy

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Faith, Love and Hope
St Gregory's School

Anti-Bullying Policy
Including Cyber Bullying

In this school community, each person is valued and respected in the belief that all people are created and loved by God.

Headteachers have a legal duty under the School Standards and Framework Act 1998 to draw up procedures to prevent bullying among children and bring these to the attention of staff, parents and children. This document has been informed by:

- Keeping Children Safe in Education
- The Equality Act 2010
- Sexual Violence and Sexual Harassment between Children Sept 2021

Other policies to read alongside this policy

- The Child Protection and Safeguarding Policy
- The Low Level Concerns Policy
- The Positive Behaviour Policy
- The Online Safety Policy
- The PSHEC/RSE Policy

Introduction

DfE's guidance defines bullying as actions that are meant to be hurtful, and which happen on a regular basis. Bullying can be direct (either physical or verbal) or indirect (e.g. being ignored or not spoken to).

This policy outlines the school's views on bullying in line with the school's Positive Behaviour Policy.

St Gregory's School offers a happy, open and inclusive environment where all children are valued. The development of maturity and self-esteem is central to our ethos as we believe that self-confident, valued and happy children learn best. For children to achieve their highest potential, they need to feel safe, secure and nurtured. Knowing that they have a voice and that it matters is crucial to all that we do.

Why do we need an anti-bullying policy?

At St Gregory's School we believe that every pupil has the right to learn in a supportive, caring and safe environment without fear of being bullied. The school strongly believes in the promotion of good citizenship, where it is made clear that bullying is a form of anti-social behaviour. It is wrong and will not be tolerated. It is important therefore that the school has a clear written policy to promote this belief, where both pupils and parents/carers are fully aware that any bullying complaints will be dealt with firmly, fairly and promptly.

Definition of bullying

Bullying is a subjective experience that can take many forms, various national and international definitions of bullying exists and most of these have all three things in common which reflects children's experiences of bullying. The three common aspects in most definitions of bullying are that:

- It is deliberately hurtful behaviour.
- It is usually repeated overtime.
- There is an imbalance of power, which makes it hard for those being bullied to defend themselves.

Bullying is not:

- Children falling out
- Children losing their temper
- Children pushing or hurting in a single event.

Bullying can occur through several types of anti-social behaviour. It can be;

Physical - a child can be physically punched, kicked, hit, spat at, etc.

Verbal - Verbal abuse can take the form of name calling. It may be directed towards gender, ethnic origin, physical/social disability, or personality etc.

Exclusion - A child can be bullied simply by being repeatedly excluded from discussions or activities; with those they believe to be their friends.

Damage to property or theft - Pupils may have their property damaged or stolen. Physical threats may be used by the bully in order that the pupil hands over property to them.

Electronic / 'cyberbullying' - via text message; via instant messenger services and social network sites; via email; and via images or videos posted on the internet or spread via mobile phones or other electronic devices.

The school recognises that although anyone can be bullied for almost any reason or differences, some children may be more vulnerable to bullying than others. Research has identified various types of bullying experienced by vulnerable groups of children.

These include:

- Bullying related to race, religion or culture.
- Bullying related to Special Educational Needs (SEN) or disabilities.
- Bullying related to being of higher ability.
- Bullying related to appearance or health conditions.
- Bullying related to sexual orientation.
- Bullying of young carers or looked after children or others relating to home circumstances.
- Sexist, sexual or transphobic bullying.
- Derogatory language – relating to race, religion, culture, special educational needs, disability, age, gender, sexual orientation, appearance, health conditions, family/home circumstances (including same sex partners).

As a school we will:

- Use any opportunity to discuss aspects of bullying, and the appropriate way to behave towards each other.

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- Deliver the SCARF PSHE programme of study including opportunities for pupils to understand about different types of bullying and what they can do to respond or prevent bullying.
- Deal quickly, firmly and fairly with any complaints, involving parents where necessary.
- Review the school policy every two years and identify its degree of success.
- Hold an annual Anti-Bullying Friendship Week in school during National Anti-bullying week.
- Ensure school staff will continue to follow our Positive Behaviour Policy and procedures.
- Ensure the St Gregory's School rules, **Try Your best, Be Respectful, Stay Safe** are simple, easy to understand and reflect our school values.
- Ensure the St Gregory's School rules are embedded and acted upon by all staff and pupils.
- Lead assemblies to raise pupils' awareness of bullying and derogatory language including how to respond if this happens to them.
- Encourage pupils to discuss how they get on with other people and to form positive attitudes towards other people. This includes regular reviews in class and assemblies of what a healthy friendship is.
- Encourage pupils to treat everyone with respect at all times.
- Ensure the St Gregory's value of kindness is embedded across the curriculum to ensure that it is as inclusive as possible.
- Ensure differences and diversity are celebrated across the school through diverse displays, books, images and topics.
- Lead whole school events including Anti-Bullying and E safety week.
- Treat bullying as a serious offence and take every possible action to eradicate it from our school.
- Monitor and record all incidents on My Concern.
- Work with parents and carers, and in partnership with community organisations, to tackle bullying where appropriate.

The role of Governors

The local governing body supports the Headteacher in all attempts to eliminate bullying from our school. The local governing body will not condone bullying at all in our school. Any incidents of bullying that do occur, will be taken very seriously, and dealt with appropriately. The local governing body monitors incidents of bullying that do occur, and reviews the effectiveness of this policy regularly. The Governors require the Headteacher to keep accurate records of all incidents of bullying, and to report to the governors on request about the effectiveness of school anti-bullying strategies.

A parent who is dissatisfied with the way the school has dealt with a bullying incident can ask the Chair of Governors to look into the matter (**see Complaints Policy**).

The role of the Headteacher

It is the responsibility of the Headteacher to implement the school anti-bullying strategy, and to ensure that all staff (both teaching and non-teaching) are aware of the school policy and know how to identify and deal with incidents of bullying. The Headteacher reports to the governing body about the effectiveness of the anti-bullying policy on request. The Headteacher ensures that all children know that bullying is wrong, and that it is unacceptable behaviour in this school.

The Headteacher draws the attention of children to this fact at suitable moments. The Headteacher ensures that all staff, including lunchtime staff, receives sufficient training to be equipped to identify and deal with all incidents of bullying. The Headteacher sets the school climate of mutual support and praise for success, making bullying less likely. When children feel

they are important and belong to a friendly and welcoming school, bullying is far less likely to be part of their behaviour.

The role of the teacher and support staff

All the staff in our school take all forms of bullying seriously and seek to prevent it from taking place. Teachers keep their own records of all incidents that happen in their class, and any that they are aware of in the school (**see Positive Behaviour Policy**) on the school's electronic safeguarding system My Concern. If teachers witness an act of bullying, they will either investigate it themselves or refer it to a member of the Senior Leadership Team. Teachers and support staff do all they can to support the child who is being bullied. If staff suspect a child has been bullied, then, after consultation with the Headteacher or deputy Headteacher, the teacher will inform the child's parents.

Staff record any incidents of bullying that occur both in and out of class, on My Concern. We also record incidents that occur near the school, or on the children's way between school and home. Any adult who witnesses an act of bullying should record it. When any bullying has taken place between members of a class, the teacher will deal with the issue immediately. This may involve support for the victim, and consequences for the offender/s. Time is spent talking to the child who has done the bullying, explaining to them why their action was wrong and support is given to help them to change their behaviour in future. If a child is repeatedly involved in bullying, we inform the Headteacher. We then invite the child's parents into the school to discuss the situation. In more extreme cases, e.g. where these initial discussions have proved ineffective, the Headteacher may contact external support agencies for support such as the Behaviour Support Specialist teacher team.

Staff meeting sessions on behaviour and bullying equip teachers and support staff to identify bullying and to follow school policy and procedures with regard to positive behaviour management. Teachers use a range of methods to help prevent bullying and to establish a climate of trust and respect for all. They use stories, drama, role-play etc. within the curriculum, to help pupils understand the feelings of bullied children, and to practice the restraint required to avoid lapsing into bullying behaviour. SCARF PSHE lessons are used to praise, reward and celebrate the success of all children, and thus to help create a positive atmosphere.

The role of parents

Parents who are concerned that their child might be being bullied, or who suspect that their child may be the perpetrator of bullying, should contact their child's class teacher immediately. If they are not satisfied with the response, they should contact the Headteacher. If they remain dissatisfied, they should follow the school's complaints procedure, a copy of the policy is available to download from the school website or a paper copy can be collected from the school office. Parents are invited to tell us their views about a range of school issues, including bullying, in the annual school questionnaire. Parents have a responsibility to support the school's Anti-Bullying policy, actively encouraging their child to be a positive member of the school.

What parents can do if they believe that their child is being bullied

Parents are always asked to encourage their children to tell a teacher immediately that they have been upset. In turn parents are encouraged to discuss their concerns with school, initially the class teacher first. Senior Leaders will be informed that these conversations are taking place. Parents should attempt to discover names, times and frequency whenever possible so that school can carry out a full investigation by asking adults and children and by observing behaviours.

What advice would we give a parent?

- Look for unusual behaviour in your children. For example, they may suddenly not wish to attend school, feel ill regularly, or not complete work to their normal standard.
- Always take an active role in your child's education. Find out how their day has gone, who they have spent their time with, how lunch was spent, etc.
- If you feel your child may be a victim of bullying behaviour, inform the school IMMEDIATELY. Your complaint will be taken seriously, and appropriate action will follow.
- It is important that you advise your child not to fight back as this approach will not resolve the situation or be supported by school.
- Make sure your child is fully aware of the school policy concerning bullying, and that they will not be afraid to ask for help.

The role of pupils

Pupils are encouraged to tell anybody they trust if they are being bullied, and if the bullying continues, they must keep on letting people know. Pupils are regularly reminded by their teachers and in assemblies about the adults they can talk to at home and school. All members of the staff team are visible around school and on playgrounds for playtimes and lunchtimes, for the children to talk to.

What can pupils do if they are being bullied?

- Remember that silence is the bully's greatest weapon.
- Tell themselves that they do not deserve to be bullied and that it is wrong!
- Be proud of who they are. It is good to be an individual.
- Try not to show that they are upset. It is hard, but a bully thrives on someone's fear.
- Stay with a group. Say firmly: "NO". Walk confidently away. Go straight to a teacher or member of staff to inform them.
- Fighting back nearly always makes things worse. As a school, we do not encourage or condone this behaviour.
- Tell a trusted adult straight away. The pupils will get immediate support.
- All the staff in the school will take any concerns seriously and will know how to deal with bullies in a way which will end the bullying and will not make things worse for the child.

What can pupils do if they know someone who is being bullied?

- TAKE ACTION! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel unhappier and on their own.
- If you feel you cannot get involved, tell an adult IMMEDIATELY. Responsible adults have ways of dealing with the bully without getting you into trouble.
- Do not be, or pretend to be, friends with a bully.

What will happen once a concern of bullying has been raised?

If bullying is suspected we talk to the suspected victim, the suspected bully and any witnesses. Help and support will be given as is appropriate to both the victims and bullies. If any degree of bullying is identified, the following action will be taken;

To support the victim/s we will;

- Offer immediate opportunities to talk about the experience with the class teacher, support staff, learning mentors or any other adult the child may choose.
- Inform the victim's parents/guardians.
- Offer continued support.

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- Apply one or more of the disciplinary steps described below to prevent further incidents.

To discipline and support the bullies we will:

- Talk about what happened to discover why they became involved.
- Inform the parents/carers of the bullies.
- Continue to work with the bullies in order to address these prejudiced attitudes as far as possible.

Further information on consequences can be found in our school Positive Behaviour Policy.

Steps of discipline

- Bullies will be warned officially to stop.
- The parents/carers of bullies will be informed of all incidents.
- Bullies may be excluded from the school premises at lunchtime and isolated during break times.
- The school has the right to request that the bully be escorted to and from the premises.
- Persistent bullying may result in a fixed term exclusion up to 5 days.
- Permanent Exclusion may be considered at the discretion of the Headteacher.

Monitoring, Evaluation and Review

The school will review this policy and assess its implementation and effectiveness. The policy will be promoted and implemented throughout the school.

Anti Cyber Bullying

Safeguarding

St Gregory's School fully recognises the contribution it can make to protect children and support pupils in school and beyond. We are fully committed to safeguarding our pupils through prevention, protection and support. We are also committed to actively promoting the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; the pupils are encouraged to develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain. It is our duty to protect children and young people against the messages of all violent extremism and to prevent terrorism. Any concerns should be referred to the Designated Safeguarding Leads who have local contact details for PREVENT and Channel referrals.

Virtual Bullying

With more and more of us using email and mobile phones and other electronic devices, bullying does not have to happen in person. Silent phone calls or abusive texts, emails and social networking sites can be just as distressing as being bullied face to face.

Cyber Bullying

This is sending or posting harmful or unkind text or images using the internet or other digital communication devices.

How we deal with Cyber Bullying at St Gregory's School

Staff report all incidents to a member of SLT who will then ensure the person being bullied is being supported, take responsibility for investigating and managing the incident and for contacting the police and LA if appropriate.

All incidents will be followed in line with the school Bullying Policy and LA and DfE guidelines.

The Seven Categories of Cyber Bullying

Text Message Bullying involves sending unwelcome texts that are upsetting, threatening or cause discomfort.

Picture/video-clip bullying via mobile phone cameras is used to make the person being bullied feel threatened or embarrassed, with images usually sent to other people.

Phone call bullying via mobile phone uses silent calls or abusive messages. Sometimes the bullied person's phone is stolen and used to harass others, who then think the phone owner is responsible. As with all mobile phone bullying, the perpetrators often disguise their numbers, sometimes using someone else's phone to avoid being identified.

Email bullying uses email to send bullying or threatening messages, often using a pseudonym for anonymity or using someone else's name to pin the blame on them.

Chat room bullying involves sending menacing or upsetting responses to children or young people when they are in a web-based chat room.

Bullying through instant messaging (IM) is an Internet-based form of bullying where children and young people are sent unpleasant messages as they conduct real-time conversations online (WhatsApp, Facebook, Twitter, etc.).

Bullying via websites includes the use of defamatory blogs (web logs), personal websites and online personal polling sites. There has also been a significant increase in social networking sites for young people, which can provide new opportunities for cyber bullying.

Advice for Parents

- Don't wait for something to happen before you act. Make sure your child understands how to use these technologies safely and knows about the risks and consequences of misusing them.
- Make sure they know what to do if they or someone they know are being cyber bullied.
- Encourage your child to talk to you if they have any problems with cyber bullying. If they do have a problem, contact the school, the mobile network or your Internet Service Provider to do something about it.
- Parental control software can limit who your child sends emails to and who he or she receives them from. It can also block access to some chat rooms.
- Moderated chat rooms are supervised by trained adults. Your ISP will tell you whether they provide moderated chat services.
- Make it your business to know what your child is doing online and who your child's online friends are. It is important that parents and carers ensure that their children are engaged in safe and responsible online behaviour.

Suggestions for parents to stay involved

- Keep the computer or other electronic devices in a public place in the house. Periodically check on what your child is doing.
- Discuss the kinds of Internet activities your child enjoys.
- Be up front with your child that you will periodically investigate the files on the computer, the browser history files, and your child's public online activities.
- Search for your child's name online, look at his or her profiles and postings on teen community sites, review web pages or blogs.
- Tell your child that you may review his or her private communication activities if you have reason to believe you will find unsafe or irresponsible behaviour.

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- Watch out for secretive behaviour as you approach your child when they are online, such as rapidly switching screens, changing passwords and for attempts to hide online behaviour, such as an empty history file.

Advice for Children

- If you are being bullied, remember bullying is never your fault. It can be stopped and it can usually be traced.
- Don't ignore the bullying. Tell someone you trust, such as a teacher or parent, or call an advice line like Childline NSPCC: 0800 1111.
- Try to keep calm. If you are frightened, try to show it as little as possible. Don't get angry, it will only make the person bullying you more likely to continue. There is plenty of online advice on how to react to cyberbullying.

For example, [UK safer internet centre](#) and www.wiredsafety.org have some useful tips:

Text/Video Messaging

- You can turn off incoming messages for a couple of days.
- If bullying persists you can change your phone number (ask your Mobile service provider).
- Do not reply to abusive or worrying text or video messages - your Mobile service provider will have a number for you to ring or text to report phone bullying. Visit their website for details.

Email

- Never reply to unpleasant or unwanted emails.
- Don't accept emails or open files from people you do not know.
- Ask an adult to contact the sender's ISP by writing abuse@ and then the host, eg.abuse@hotmail.com.

Chat Room & Instant Messaging

- Never give out your name, address, phone number, school name or password online. It's a good idea to use a nickname. Do not give out photos of yourself either.
- Do not accept emails or open files from people you do not know.
- Remember it might not just be people your own age in a chat room.
- Stick to public areas in chat rooms and get out if you feel uncomfortable.
- Tell your parents or carers if you feel uncomfortable or worried about anything that happens in a chat room.
- Think carefully about what you write. Don't leave yourself open to online bullying

Remember - Always tell an adult