

Saffron Walden County High School



ANTI-BULLYING POLICY

Date adopted or ratified; November 2016
Date reviewed by governors; September 2025

This policy is regularly reviewed following recommended guidelines

Lead Anti-bullying: Deputy Headteacher (Achievement) Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our students so they can learn in a relaxed and secure atmosphere. We aim to create a culture where the rights of the individual are valued and upheld. Bullying of any kind is unacceptable at our school. If bullying does occur, all students should be able to tell and know that incidents will be dealt with promptly, consistently and effectively. We aim to be a *TELLING* school. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

Objectives of this Policy

- All governors, teaching and non-teaching staff, students and parents should have an understanding of what bullying is.
- All governors and teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.
- All students and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- As a school we take bullying seriously. Students and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

Definition of Bullying

“Bullying is any behaviour which is reasonably perceived by the targeted individual or any other person, as intending to hurt, intimidate, frighten, harm or exclude. It is usually persistent and an abuse of power, leaving the targeted individual feeling defenceless”.

Bullying can be:

- Emotional being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
- Physical pushing, kicking, hitting, punching or any use of violence
- Racist racial taunts, graffiti, gestures
- Sexual unwanted physical contact or sexually abusive comments
- Homophobic/ Transphobic/ biphobic because of, or focusing on, the issue of sexuality
- Verbal name-calling, sarcasm, spreading rumours, teasing
- SEND where a pupil’s Special Educational Need or Disability is the target of the bullying
- Cyber All areas of internet, such as social media, email & internet chat room misuse
Mobile threats by text messaging & calls
Misuse of associated technology i.e. camera & video facilities
Some cyber bullying activities could be criminal offences under a range of different laws

Some bullying may amount to child on child abuse, and should therefore be referred to the Designated Teacher for Child Protection.

Why it is Important to Respond to Bullying

Schools have a responsibility to respond promptly and effectively to issues of bullying.

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. A student who is being bullied often fails to thrive academically.

Students who are bullying need to learn different ways of behaving. Bullying behaviour is often a sign that a student is unhappy.

Monitoring of Incidents

- All reports of bullying will be recorded and investigated
- Numbers of bullying incidents will be monitored on a termly basis by the Year Achievement Co-ordinators

Signs and Symptoms

A student may indicate by signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a student:

- is frightened of walking to or from school
- doesn't want to go on the school / public bus
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn, anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in school work
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (to pay bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong or gives improbable excuses
- is afraid to use the internet or mobile phone
- is nervous & jumpy when a cyber-message is received

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated.

Disclosure of an Incident

It is important that reported incidents are treated seriously and acted upon quickly.

Listen very carefully to what the student is reporting. It is very important to a victim that they feel they have been listened to properly and have been supported.

Further investigation is carried out more successfully if a written report of the incident is made.

Recording an Incident

A written report should include the victim's account along with the names of all those involved. This includes the names of students who were present and witnessed what happened but who were not actively involved.

Those allegedly involved in the bullying may also be asked to make a written report of the incident, but this should be handled carefully, and may be inappropriate in the initial stages of an investigation. Copies of all written information should be passed to the Form Tutor and Year Achievement Co-ordinator as this assists in monitoring the frequency of incidents around the school and the behaviour of students.

During the course of gathering information it is important to try and discover if there was any particular reason why the incident occurred:

- Had there been any build up to the event?
- Had this happened before?
- Was the victim injured?
- Was anything taken from the victim?

Support the victims of bullying incidents by suggesting that they bring a friend with them when giving information.

Possible Action

It may be appropriate to refer a targeted student or an incident directly to the Year Achievement Co-ordinator. This will usually be in cases where there is a history of bullying, where a student has been injured or where the student is unhappy about any teacher intervention. It is important to discuss this with the student involved. Colleagues who do not feel confident in dealing with an incident at any stage should pass on the written records to the Year Achievement Co-ordinator as soon as possible in order that further action can take place quickly.

In other cases it will be appropriate for a member of staff to follow these guidelines:

- Issue a VERY STRONG warning in the case of a first incident.
- Make sure that the class/form knows that bystanders who do nothing to help are viewed as culpable.
- Inform the class/form that this sort of behaviour is not acceptable, highly disapproved of and will be treated very seriously at this school.
- Encourage all students to report bullying. Once students see that their reports obtain action they are more likely to report incidents.
- Ensure that any graffiti is removed which may have formed part of an incident. This could be carried out by those involved in the bullying.
- Attempt to recover any lost items which may have been taken and insist that any damage or loss is repaired or replaced.
- Make sure those that are involved are told exactly who has been informed. Parents of the victim should be informed of the incident and all action being taken explained to them.
- Ensure that a brief report is emailed/ passed to the relevant form tutors and YAC

Follow Up by Form Tutor or YAC

- Inform staff that teach students involved so that the situation can be monitored carefully in all subject areas.
- Monitor the attendance of the victim.
- Arrange a further meeting with those involved to ensure that there are no further developments.

The Achievement Team also use the '**Peer Support Approach to Bullying**', based on the model developed by Barbara Maines and George Robinson, and the '**Support Group Approach**'. This approach aims to build up a supportive network of peers around the victim with a shared responsibility to help the targeted student to feel safe and happy. Other complementary approaches may include 'Circle of Friends' and restorative justice.

Possible Outcomes

- Those involved in bullying may be asked to genuinely apologise
- If possible, the students will be reconciled
- Other consequences may follow. In serious cases, suspension or even exclusion will be considered
- Parents of the victim and those involved in the bullying will be informed and may be invited into school for a meeting
- The School's Police Officer may be involved
- After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

End of friendship support: 'Fresh Starts'

In situations where a friendship has irretrievably broken down we offer students the chance to join a facilitated session with the school's counsellor. This will provide students with an opportunity to successfully move forward beyond the end of the friendship, and to reach a negotiated settlement. By its very nature the content of the session will be largely determined by the needs of the students involved. The hoped for outcome is to promote fresh starts for all involved. In some cases this may involve students drawing up an agreement to enable them to move ahead with their fresh start.

Police involvement

The School's Police Officer may be called on to negotiate the next step if:

- it seems impossible to agree some functioning middle ground
- all avenues have been exhausted
- the school considers there is an element of risk involving external threat or an inappropriate use of internet technology
- it is felt that an element of restorative justice is required

Prevention

We are committed to providing a caring, friendly and safe community. We will work with students and staff to raise awareness of bullying through regular briefings, assemblies and targeted training. Information about the anti-bullying strategies will be included in the Student Planner and Parents' Handbook.

Review of policy

This policy will be reviewed annually by the Achievement Team

Acknowledgements

Essex County Council and Partners: Anti-bullying Policy and Strategy, 2008
Kidscape

HELP ORGANISATIONS:

The Student Information Point @SWCHS

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| Advisory Centre for Education (ACE) | 0808 800 5793 |
| Children's Legal Centre | 0845 345 4345 |
| Parentline Plus | 0808 800 2222 |
| Youth Access | 020 8772 9900 |
| Bullying Online | www.bullying.co.uk |

Helpful documents and resources :

Essex and Southend Healthy Schools Partnership
<http://www.essexandsouthendhealthyschools.com/>

Don't Stick it Stop It! Bullying wrecks lives: the experiences of children with a learning disability MENCAP

The School Report, The experiences of young gay people in Britain's schools, Stonewall

Homophobic bullying

Safe to Learn: Embedding anti-bullying work in schools DCSF 2007

This is best used directly from www.teachernet.gov.uk/publications

The downloads are particularly useful and provide scripts to support staff and young people

Cyberbullying Safe to Learn: Embedding anti-bullying work in schools DCSF 2007
www.teachernet.gov.uk/publications

Bullying Involving Children with Special Educational Needs and Disabilities: Safe to Learn: Embedding anti-bullying work in schools DCSF 2007
www.teachernet.gov.uk/publications

Anti-bullying Alliance (ABA) www.anti-bullyingalliance.org/

Anti-bullying Audit tool kit

Audit tool for children and young people

Audit tool kit user's guidance

Audit tool kit for staff

Audit tool kit for parents and carers

E-engage

On-line bullying and safety. This offers support on-line opportunities for young people to learn while working live with experts. www.e-engage.net/video

Stop Text Bully

www.stoptextbully.com This website offers guidance to children and young people if they are being bullied by texts, calls, photos and emails. There is good advice on how to stay safe whilst using mobile phones and IT.

Cyberbullying:

Guidance – www.dcsf.gov.uk

News articles on cyberbullying compiled by the National Children's Bureau

Email-library@ncb.org.uk www.ncb.org.uk

Child Exploitation and On Line Protection Centre (CEOP):

CEOP Education runs training on cyberbullying and participants can then access their materials and DVD for use in schools.

To view their DVDs go to www.youtube.com/ceop

CEOP Education (Education@ceop.gsi.gov.uk)

Childnet International

www.digizen.org

This website has a DVD about cyberbullying. This could be used in school assemblies. You will also find updates and links to different articles and information.

www.dontstickit.org.uk This MENCAP website provides cartoon scenarios for children and young people as well as information

Kidz Aware

Disability and equality awareness activities manual

info@kidzaware.co.uk

Know IT All

Is an interactive CD rom commissioned by the DCSF from Childnet International.

The key aim is to encourage parents to have a dialogue with their children about the internet.

<http://publications.teachernet.gov.uk>

The Children's Legal Centre

Is an independent charity which provides legal advice, information, assistance and representation to children, parents/carers and professionals working with children.

www.childrenslegalcentre.com

Girl bullying

'*Understanding Girls' Friendships, Fights and Feuds.*' A practical approach to Girls' bullying, Valerie E Besag
Open University Press 2006