

Anti-Bullying fortnight: 15th November – 26th November 2021

We do take bullying seriously and work as a whole school, especially through our PSHE programme, to do as much as we can to ensure bullying does not happen. Anti-Bullying Week is one part of our ongoing work to prevent bullying. In school, we will be:

- Making sure all children and adults mean the same thing when they talk about bullying.
- Helping children to understand how bullying feels for the person being bullied.
- Making sure that all children feel confident about telling an adult when they know bullying is going on.
- Making sure children know exactly what to do if they are being bullied and feel confident that something will be done to stop it.
- Encouraging children to enjoy and celebrate the ways in which we are different as well as ways in which we are similar, and to feel good about themselves.
- Remind children about keeping themselves safe on the internet.

At our school we define bullying as '*When someone deliberately threatens, abuses or hurts another person.*' Bullying can be carried out physically, verbally, emotionally, or through cyberspace. The children will be reminded that bullying:

1.goes on for a while, or happens regularly.
2.is deliberate. The other person wants to hurt, humiliate or harm the target.
3.involves someone (or several people) who is/are stronger in some way than the person being bullied. The person doing the bullying has more power; they are older, stronger, there are more of them or they have some 'hold' over the target (e.g. they know a secret about them).

Because these three things have to happen together for something to be called 'bullying', they will learn that bullying is not:

- A one-off fight or argument
- A friend occasionally being nasty
- An argument with a friend

If you are worried your child is being bullied, look out for signs such as behavioural changes, being moody, withdrawal, not wanting to go to school, lots of headaches or non-specific illness, sleeping badly. Of course, there could well be other reasons for these symptoms. Is anything else bothering your child? Have there been changes in your family life? Listen to your child's fears, reassure them that it is not their fault. Tell them bullying is not acceptable and you will do what you can with the school to get it to stop. Praise your child for telling you and reassure them that they have done the right thing in letting you know. Please talk to your child's class teacher if you are concerned that they have either witnessed or experienced bullying. Parents' concerns are passed on to our senior teachers, who will investigate further.