BRENTSIDE HIGH SCHOOL

Anti-Bullying Policy

STATEMENT OF INTENT

We are committed to providing a caring, friendly, supportive and safe environment for all of our students so they can learn in a relaxed and secure atmosphere. 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 and effectively. We are a *TELLING* school. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

WHAT IS BULLYING?

Bullying is the use of aggression with the intention of hurting another person. Bullying results in pain and distress to the victim.

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 - focusing on the issue of sexuality
- Verbal - name-calling, sarcasm, spreading rumors, teasing

Cyberbullying

This is the use of Information and Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else.

Our school has a Cyberbullying Policy (see pages 5 – 9) to support our students in dealing with this form of bullying.

WHY IS IT IMPORTANT TO RESPOND TO BULLYING?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Students who are bullying need to learn different ways of behaving.

We want all of our community to be safe and healthy and therefore the school will respond promptly and effectively to issues of bullying. There is no age limit on bullying: Our work on anti-bullying begins with transitional work, when students are still in year 6, and continues throughout the school until students leave at 16 or 18.

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.

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 child:

- 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 (emotionally based school avoidance)
- 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
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous and 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

PROCEDURES

1. Report bullying incidents to staff.
2. In cases of serious bullying, the incidents will be recorded by staff.
3. In serious cases parents should be informed and will be asked to come in to a meeting to discuss the problem.
4. If necessary and appropriate, police will be consulted.
5. The bullying behaviour or threats of bullying must be investigated and the bullying stopped quickly.
6. An attempt will be made to help the bully (bullies) change their behavior.

OUTCOMES

1. The bully (bullies) may be asked to genuinely apologise. Other consequences may take place.
2. In serious cases, suspension or even exclusion will be considered.
3. If possible, mediation will take place and the students will be reconciled.
4. After the incident(s) have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

PREVENTION

We will use a variety of strategies for helping children to prevent bullying, as and when appropriate. These may include:

- writing a code of conduct
- signing a behaviour contract
- writing stories or poems or drawing pictures about bullying
- reading stories about bullying or having them read to a class or assembly; making up role-plays
- having discussions about bullying and why it matters

We believe that educating and promoting anti bullying within our community is the most effective method of preventing bullying and therefore we ensure that we:

- learn about self respect and appropriate behavior towards others through our PSHE programme
- promote anti-bullying around the school
- share this policy with our staff, students and parents

HELP ORGANISATIONS:

Advisory Centre for Education (ACE): 0300 0115 142
KIDSCAPE Parent Advice Line: 0300 102 4481(Mon/Tue, 09:30-14:30
Or by Email: parentsupport@kidscape.org.uk
Family Lives (formerly Parentline): 0808 800 2222

BRENTSIDE HIGH SCHOOL

Anti-Cyberbullying Policy
This policy supports our Anti-bullying Policy

STATEMENT OF INTENT

The internet and mobile phones have such positive power to transform children's lives for the better. However, when they are misused, they can cause real pain and distress.

We are committed to providing a caring, friendly, supportive and safe environment for all of our students so they can learn in a relaxed and secure atmosphere. 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 and effectively. We are a TELLING school. This means that anyone who knows that bullying is happening is expected to tell the staff.

What is cyberbullying?

Cyberbullying is the use of Information and Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else

Cyberbullying can be:

- Emotional - being unfriendly, excluding, tormenting
- Racist - racial taunts, graffiti, gestures
- Sexual - sexually abusive comments or suggestions
- Homophobic - focusing on the issue of sexuality
- Verbal - name-calling, sarcasm, spreading rumors, teasing

OBJECTIVES OF THIS POLICY

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

HOW IS CYBERBULLYING DIFFERENT?

Impact

- In cyberbullying, the audience for the bullying can be very large and reached rapidly. This means that the degree and seriousness, as well as possible risks and repercussions, have to be evaluated differently than in cases of other types of bullying. If content is shared across mobile phones or posted online, it becomes difficult to control who might see it or have copies of it. Not being able to be certain that the event has been contained and will not recur/resurface may make it harder for the person being bullied to gain a sense of 'closure' over an event.

- a single incident can be experienced as multiple attacks. For example, a humiliating video posted to the web can be copied to many different sites. A single instance of bullying, e.g. the creation of a nasty website or the forwarding of a personal email, can have repeated and long-term consequences, as content that is taken off the internet can reappear or be circulated again.

- those being bullied may not initially be aware that they have been or are being cyberbullied. For example, they may not have seen, or be aware of, content about them that has been posted online.

Location

- Cyberbullying can take place at any time and can intrude into spaces that might previously have been regarded as safe or personal. The person being cyberbullied can be left feeling that there is no place to hide and that they might be attacked at anytime.

- You can't walk away from someone who is a cyberbully. It is not possible to walk away from constant phone messages or from a website which has been created to hurt you.

Anonymity

- People who cyberbully may attempt to remain anonymous and this can be extremely disturbing for those that are being bullied. Although the person being bullied may know that their bully is from within their circle of friends or pupils at their school, they may not know the actual identity of the bully, and this can make them uneasy, distrustful and suspicious of all their relationships.

Motivation for bullying

- Some cyberbullying is clearly deliberate and aggressive. However, some instances of cyberbullying are known to be unintentional and the result of not thinking or a lack of awareness of the consequences.

Online behaviours are generally less inhibited than offline behaviour, and some children report saying things to others online that they would not have done offline. Two other factors may be involved here:

- **The distance between the bully and the person being bullied:** The lack of context can mean that what might intended as a joke may not be received as such, and indeed may be deeply upsetting or offensive to the recipient. Additionally, because the bully cannot see the person being bullied and the impact that their message has had, there is less chance for either to resolve any misunderstanding or to feel empathy.

- **A single act can have unintended consequences:** Sending a 'funny' (i.e. embarrassing or humiliating) picture of a fellow pupil (even a friend) to someone could be viewed as a one-off incident, but the nature of the technology means that the sender loses control of the image they have sent. It can be sent on, posted online and have a wide circulation. For this reason a one-off action can turn into a repetitive action and have consequences for the person being bullied far beyond what the original sender may have anticipated.

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4. If necessary and appropriate, police will be consulted.
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PREVENTION

We will use a variety of strategies for helping children to prevent bullying, as and when appropriate. These may include:

- writing a code of conduct
- signing a behaviour contract
- writing stories or poems or drawing pictures about bullying

- reading stories about bullying or having them read to a class or assembly; making up role-plays
- having discussions about bullying and why it matters
- All of our students sign an Acceptable Use Policy (AUP) that outlines acceptable conduct using ICT in school, and agree to follow it every time they use a computer in school.

We believe that educating and promoting anti bullying within our community is the most effective method of preventing bullying and therefore we ensure that we:

- learn about self respect and appropriate behavior towards others through our PSHE programme
- promote anti-bullying around the school
- promote anti-bullying through our virtual community (MLE)
- share this policy with our staff, students and parents

HELP ORGANISATIONS:

Helplines

• Childline – free 24 hour helpline for children and young people.
Tel: 0800 1111.

• Get Connected is the UK's free, confidential helpline for young people under 25 who need help and don't know where to turn.Tel: 0808 8084 994.

• Samaritans – helpline for those in distress, offering multi-channel support.
Tel: 116 123. Email: Jo@samaritans.org.

Useful websites

• **Childnet** – a range of resources for primary and secondary schools, for children and young people, for teachers and for parents
(Childnet — Online safety for young people).

• **The Child Exploitation and Online Protection Centre (CEOP),** - has produced a set of resources around internet safety for secondary schools called Think U Know, see. CEOP also provide resources and training in delivering the Think U Know presentation in schools. www.thinkuknow.co.uk