

[HTTPS://WWW.YOUTUBE.COM/WA  
TCH?V=HK5OEGEUDBM](https://www.youtube.com/watch?v=HK5OEGEUDBM)

# ANTI BULLYING

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## WHAT IS BULLYING

- There is no legal **definition** of **bullying**. But it is usually **defined** as:
- Repeated behaviour which is intended to hurt someone either emotionally or physically, and is often aimed at certain people because of their race, religion, gender or sexual orientation or any other aspect such as appearance or disability.

## WHAT IS BULLYING

Bullying can:

- Seriously damage a young person's confidence and sense of self-worth
- Make a student feel they are at fault
- It can lead to serious and prolonged emotional damage for an individual
- Lead to the bully or witnesses also experiencing emotional harm

## TYPES OF BULLYING

Bullying can take many forms including:

- name calling
- teasing
- making threats
- physical assault
- cyber bullying

**MYTH: BULLYING IS A NORMAL PART  
OF CHILDHOOD AND YOU SHOULD  
JUST IGNORE IT**

- Fact: Bullying is not "normal" or acceptable in any form and ignoring might not always make it stop.
- We encourage students to confide in someone they trust and have systems in place including the ELF programme and ACE to help get it stopped.

## **MYTH: IT IS EASY TO SPOT THE SIGNS OF BULLYING**

Fact: It is not always easy to spot the signs of bullying as it is not always physical and obvious. Emotional, verbal and online bullying can often leave scars that people don't see.

All staff within the school look are aware of signs and report concerns as part of the safeguarding process.

## POSSIBLE SIGNS OF BULLYING

- bruises
- broken or missing possessions
- becoming withdrawn – not talking, or spending more time alone
- changes in eating habits
- changes in behaviour – becoming aggressive at home
- sleeping badly
- complaining of headaches or stomach aches
- worrying about going to school
- suddenly doing less well at school



## **MYTH: REPORTING A BULLY WILL MAKE THINGS WORSE**

- Fact: Students often worry that reporting a bully might make the bullying escalate or they feel they are not believed.
- It is important students seek the necessary support to get this stopped as soon as possible. We promote access to form tutors, Heads of Year, ACE or ELF to offer this support.

**MYTH: IT IS OK TO HIT SOMEONE WHO  
IS BULLYING YOU, IT WILL STOP IT**

- Fact: It's understandable that students may get angry but becoming violent or aggressive may make matters much worse as they may get into trouble too.

**MYTH: CYBERBULLYING DOESN'T INVOLVE PHYSICAL HARM SO WHAT'S THE HARM?**

- Fact: Actually, some people have committed suicide as a result of not seeing any way out of the non-stop harassment, threats and abuses. The emotional scarring stays for a lot longer and sometimes a person will never get over this. Some websites allow people to post anonymously which can mean it is very hard to stop this abuse.
- Cyberbullying has grown massively over the past few years and is something many parents have not experienced. There are a number of things that can be done to try to address the issues around this.

## CYBERBULLYING

- Of over 16000 indecent images shared with the police, 12000 had made it onto websites.
- 28% of 11-16 year olds have been deliberately targeted, threatened or humiliated by an individual or group through the use of mobile phone or the internet.

# CYBERBULLYING

What to do if your child is being Cyberbullied.

- Offer reassurance and support
- Keep evidence if your child thinks they are being bullied
- Block the person using privacy settings
- Report bullying using the 'Report' link;
- Block the person and use 'privacy' settings.

## HOW WE SUPPORT STUDENTS

- Students will receive guidance with regard to the following areas:
  - Their rights and responsibilities in school;
  - Why people bully;
  - Different types of bullying;
  - Developing strategies to control anger, frustration and aggression;
  - What to do if they encounter bullying/assertiveness training;
  - What to expect from their school if they experience or are involved in bullying;
  - Advice on how to establish friendships.

# CONSEQUENCES AND SANCTIONS

- **Consequences & Sanctions**
- Detentions
- Behaviour report.
- Internal exclusion.
- Fixed term Exclusion.
- Permanent Exclusion

## SUPPORT FOR PARENTS

- The following support organisations provide helpful information:
- [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- [www.antibullying.net](http://www.antibullying.net)
- [www.kidscape.org.uk](http://www.kidscape.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk)
- <https://www.net-aware.org.uk>