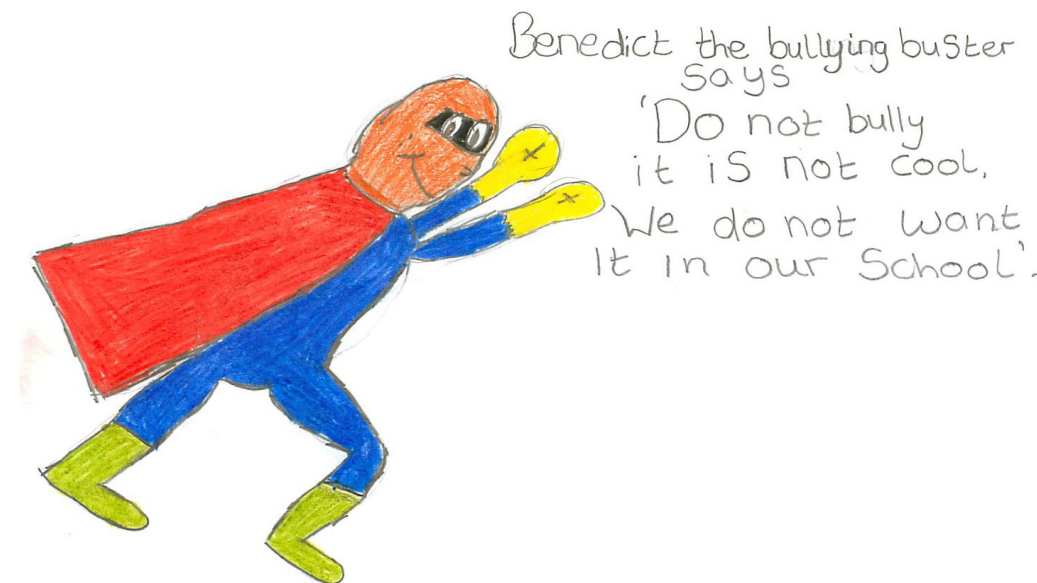


Benedict Biscop C.E Academy

“We will create a safe, stimulating and happy learning environment within which all members of our school family realise their potential, aspiring to excellence in all aspects of life, in the light of the Christian faith.”

School Council have decided that Article 19 should be placed on all relevant policies regarding Children's Rights: “Governments should ensure that children are properly cared for, and protect them from violence, abuse and neglect by their parents or anyone who looks after them.”



**Written by Benedict Biscop C.E Academy Council & Impact
Sunderland Anti Bullying Service**

**Reviewed by School Council January 2018
To be reviewed: September 2018**

Aim:

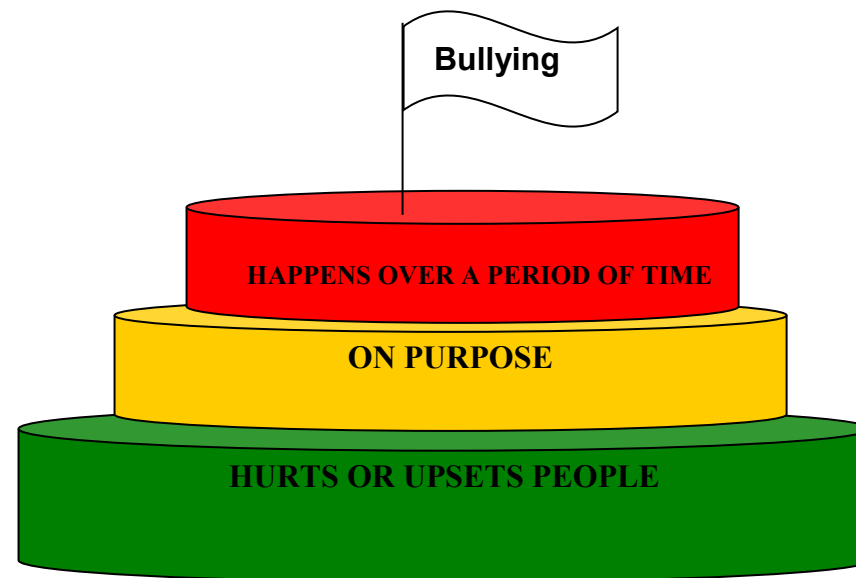
The School Council would like to make sure everyone at Benedict Biscop CE Academy feels happy and safe at school. Sometimes things can happen in school that may upset us such as bullying or falling out with our friends. This policy will explain what is and what is not bullying and will give step by step advice for pupils who are being bullied.

What is Bullying?

Bullying is when a person or group of people hurt and upset someone on purpose and it happens over a period of time.

What is not Bullying?

Falling out with friends then making up, having a bad day, bullying is not having a one off fight or a row with someone.



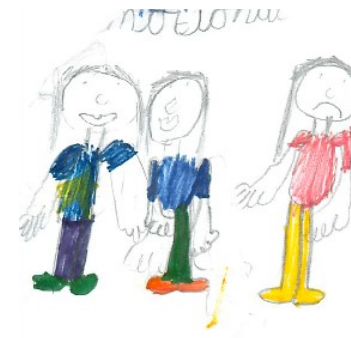
If you are unsure about bullying make sure that you check our bullying chart.

- Someone has to do something to you that you don't like and it hurts and upsets you.
- You must make sure that the person has done this on purpose and not by accident.
- Bullying needs to happen more than once and the same people need to be involved.

Some people think that there is only one type of bullying but that's not true there are six main types of bullying. We have listed them below and have given examples of each so you understand that one type of bullying is not the same as another type of bullying.

Emotional Bullying:

- Dirty Looks
- Ignoring someone
- Leaving someone out of games
- Laughing at someone
- Trying to get others into trouble



We think that this is the main type of bullying as it upsets our feelings and the other types of bullying all involve Emotional Bullying.

Verbal Bullying:

- Calling someone names
- Spreading rumours
- Whispering
- Shouting at someone



Physical Bullying:

- Punching
- Kicking
- Slapping
- Spitting
- Pulling hair



Cyber Bullying:

- Sending someone nasty texts
- Upsetting others by emails
- Through certain computer games
- Taking pictures of someone being hit (happy slapping videos)
- Writing messages on internet social network site walls.
- Through certain computer games and gaming networks such as Xbox live/one and playstation network.
- Other forms of social media including: What's APP, imessenger, Instagram and Snapchat.



Racist Bullying:

- Calling someone because of their skin colour
- Singling others out because of the clothes they wear
- Making fun of how someone speaks
- Upsetting others because of where they live



Remember anyone can be a victim of racist bullying some people think we can call people just because of their skin colour but think about what colours our faces are when we feel poorly (**we look grey**), or embarrassed (**we go red**) or when we are cold (**our lips turn blue**).



Homophobic Bullying:

- Abusive comments about a persons gender
- Spreading rumours about a persons identity
- Unwanted physical contact

This type of bullying rarely happens in Primary schools but we feel that everyone should still be aware of this type of bullying.

Possible signs of bullying to look out for are:

- Someone being frightened to walk to and from school
- Change their usual route
- Only go places if their parents/carers escort them
- Unwilling to go to school
- Always feel ill in the mornings
- Start to stay off school
- Begin to do poorly in their school work
- Come home with their clothes or bag ripped
- Not wanting to eat
- Not wanting to be involved with other pupils
- Have unexplained bruises, cuts or scratches
- Begin to bully other pupils
- Lie about how they feel

Not all of these signs mean that they are being bullied but if you notice that someone is showing more than one of these signs, it would be a good idea to ask if they are ok or tell a teacher.



What can we do to support other pupils who are being bullied?

- Tell someone who you trust such as a teacher, friend, peer mentors or family
- Use the ROOM to TALK box.
- Keep a diary of everything that has happened this will give your teacher all the information they will need to help stop the bullying
- Walk a different way to and from school but never walk somewhere alone such as through a park.
- Try to meet friends on the way to school.
- Stay away from places where the bullies might be.
- At break try to stay near adults in the playground.
- Try to stay with a group.
- If you see a bully coming towards you don't run away, try your best to walk away slowly.
- Try not to show the bully that they have hurt you.
- Ask them to stop what they are doing.
- Report online bullying by clicking the CEOP button on websites.
- You can call Childline on 0800 11 11.

You must remember that telling is the only way you can stop bullying and our teachers will help you!



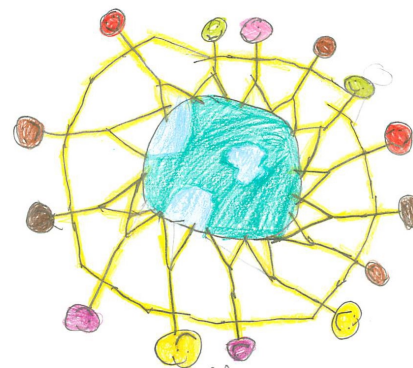
What will happen if you tell a teacher at Benedict Biscop CE Academy?



If you are being bullied and you tell a teacher at our school this is what will happen:

- They will listen to you and make you feel valued.
- They will be understanding and not blame you.
- They will only tell people who need to know like your class Teacher, parents, etc.
- They will contact the parents of the victim and the bully.
- They will never leave you alone with the bully.
- They will not embarrass you.
- They will offer you support and advice.
- They will try their best to stop the bullying.
- They will always check on you even when the bullying has stopped.
- They will support you and your family.
- They will help the person who is bullying others to stop what they are doing.

Each bullying incident is different and may need to be handled by the teacher in a different way. But you must remember that our teachers want us to feel happy and safe when we are at school and you can help them by telling them when something is wrong.



Beat bullying cause its not cool,
If you do it you are a fool.

How to report a bullying incident and what will happen:

Step 1

You need to tell someone who you trust, the best person would be your class teacher. Your teacher will ask you questions such as:

- what has happened?
- where has the bullying taken place?
- who has been bullying you?
- who has witnessed the bullying?

Don't worry if you get upset your teacher will wait until you are ready, this is why keeping a diary is a good idea.

Step 2

Once your teacher has all of the information they will then ask you what ideas you have to solve the problem, it is important that you are honest with your teacher. Your teacher will then tell you what they will do next so you will always know what is going to happen.

Step 3

Your teacher will need to speak to the bully and find out their side of the story. All incidents of bullying will be dealt with in different ways, most cases of bullying will be resolved at this stage.

Sometimes the person who has been bullying will not be aware of how they have made the other person feel.

Sometimes parents are asked to attend a meeting at school, don't worry about this it is another way of supporting you and the person who has been bullying.

Step 4

Your school should always make a record of bullying incidents which should be kept in a safe room. Teachers will always check how you are feeling and that the bullying has stopped.

You should always tell someone if you are being bullied, even if you have already told someone in the past keep telling, it's the only way of stopping bullies.

Benedict Biscop CE Academy

Policy was originally written by school Council 2008/9.

It is reviewed by the school council every year.

