

# **Benedict Biscop C.E Academy**

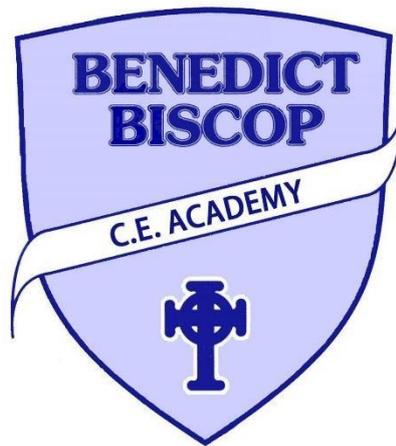
*“All things are possible”*

## **Children’s Anti- Bullying Policy**

Written by Benedict Biscop C.E Academy Right Knights

Written: January 2021

To be reviewed: September 2023



## **Aim**

The Rights Knights 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.

## **Rights Respecting**

We are a Rights Respecting school and our approach to anti-bullying supports the following articles from the United Nations Convention on the Rights of the Child:

**Article 12** - Every child has the right to say what they think in all matters affecting them, and to have their views taken seriously.

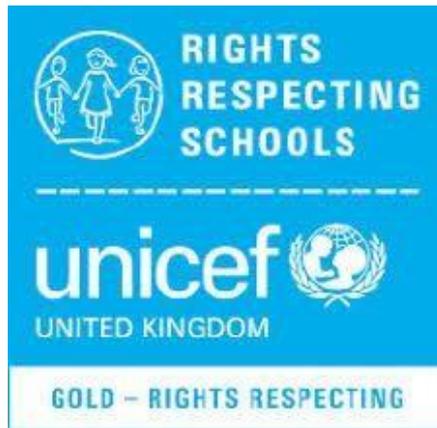
**Article 19** - Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and mistreatment by their parents or anyone else who looks after them.

**Article 28** - Every child has the right to an education. Primary education must be free. Secondary education must be available to every child. Discipline in schools must respect children's human dignity. Wealthy countries must help poorer countries achieve this.

**Article 29** - Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

**Article 30** - Every child has the right to learn and use the language, customs and religion of their family whether or not these are shared by the majority of the people in the country where they live.

**Article 31** - Every child has the right to relax, play and join in a wide range of cultural and artistic activities.



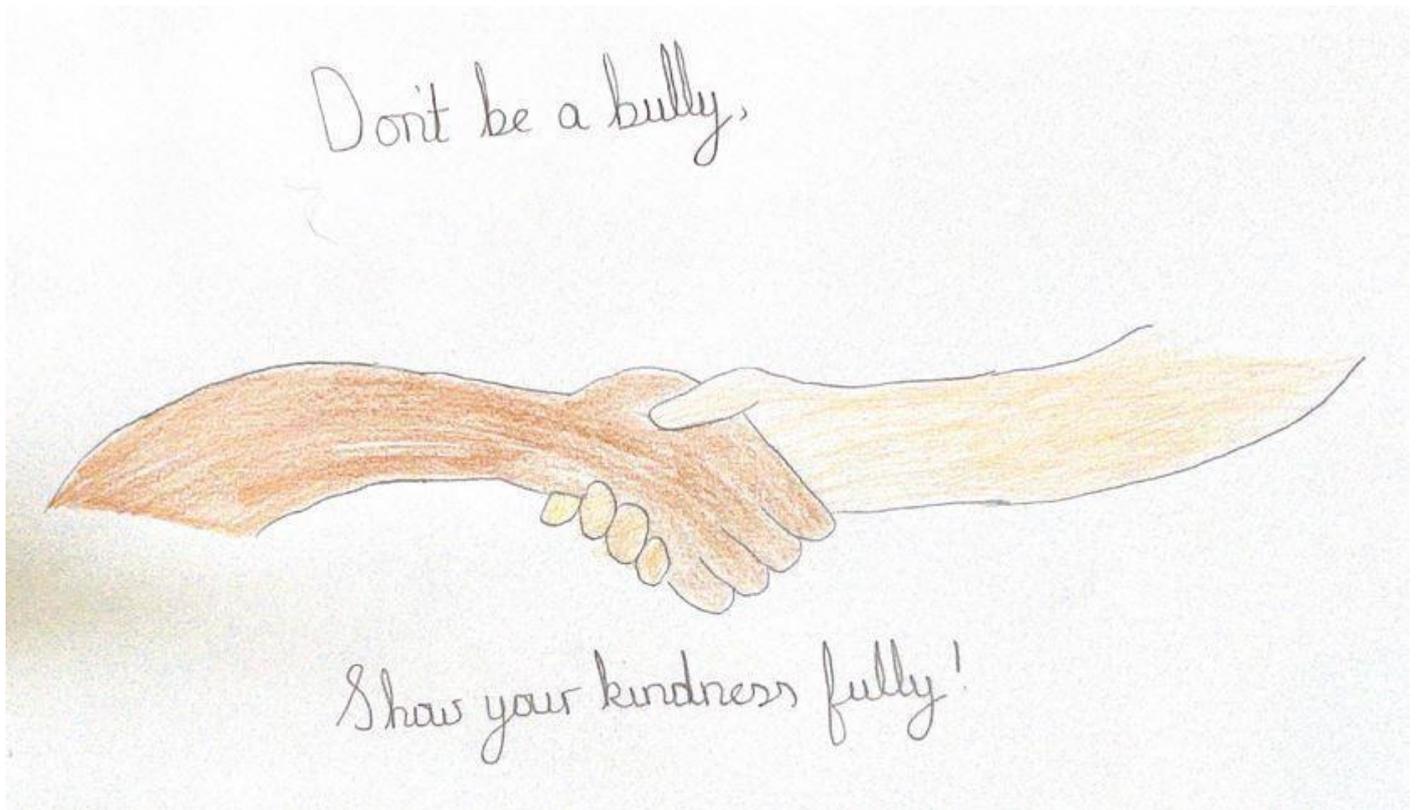
## What is bullying?

Bullying is when somebody hurts you Several Times On Purpose.



## Bullying is not:

- A 'fall out' with a friend.
- An accident.
- A bad day.
- Something that happens only the one time.
- A one-off physical act of aggression e.g. pushing someone.



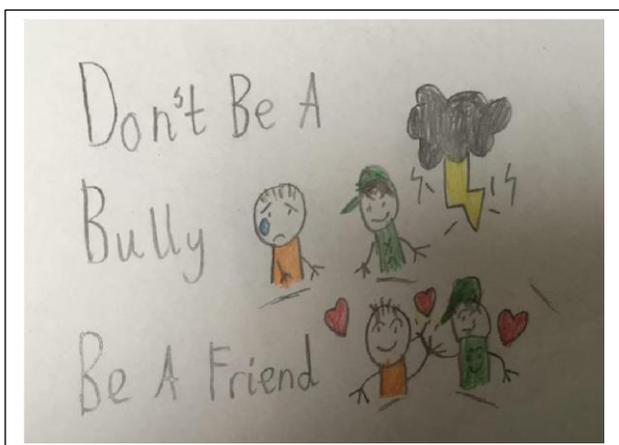
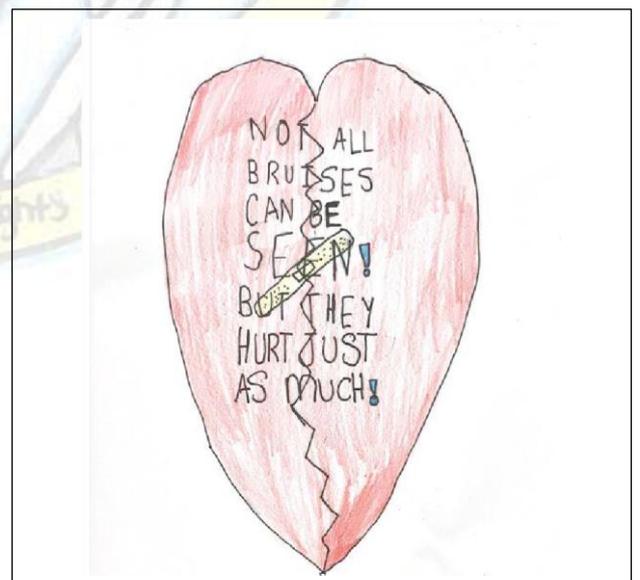
## Types of Bullying:

Some people think 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 given some examples.

**REMEMBER : Bullying is when somebody hurts you Several Times On Purpose.**

## Emotional (Social) Bullying

- Dirty looks
- Damaging someone's social reputation
- Peer pressure from a group



Ignoring someone

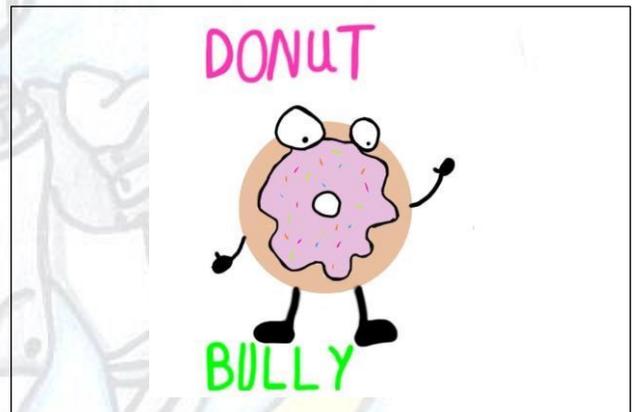
- Leaving someone out
- Laughing at someone
- Trying to get others in trouble
- Mimicking someone unkindly

## Verbal Bullying

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

## Physical Bullying

- Punching
- Kicking
- Slapping
- Spitting
- Pulling Hair



**REMEMBER :** Bullying is when somebody hurts you

**Several Times On Purpose.**

## Cyber/Online Bullying

- Sending nasty/unkind texts (including WhatsApp and imessenger)
- Upsetting others by email
- Posting photos or videos without permission online
- Editing videos or photos posted online and sharing with others
- Commenting or posting on social media (eg Instagram, Facebook, snapchat, TikTok)
- Through other media such as Xbox Live, PlayStation and other online games.



**REMEMBER : Bullying is when somebody hurts you Several Times On Purpose.**

## **Prejudice Bullying**

This includes discriminating and being unkind to someone because of a special education need or disability.

Other types of prejudice bullying include: **Racist**

## **Bullying**

Discriminating and being unkind to someone because of their racial identity.

## **Religious Discrimination**

Being unkind or discriminating against someone because of their religion, faith or beliefs.

## **Homophobic Bullying**

Abusive comments about a person's gender or identity

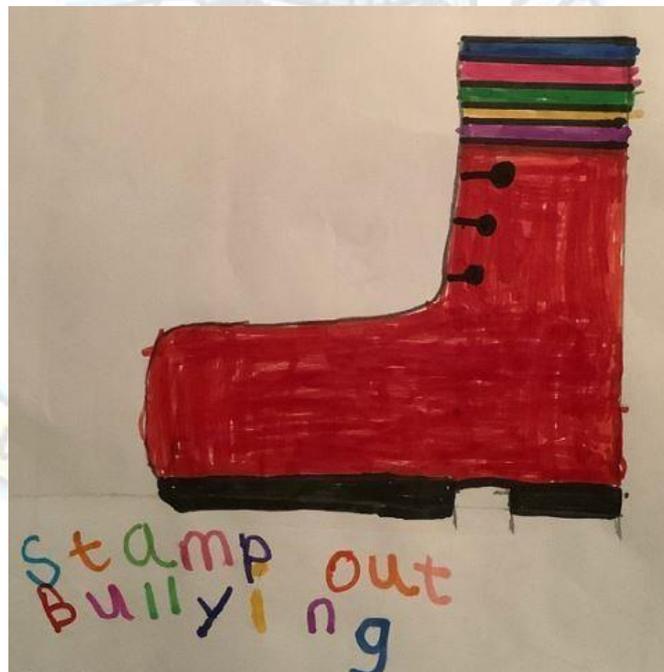
Unwanted physical contact



## **Signs that someone is being bullied**

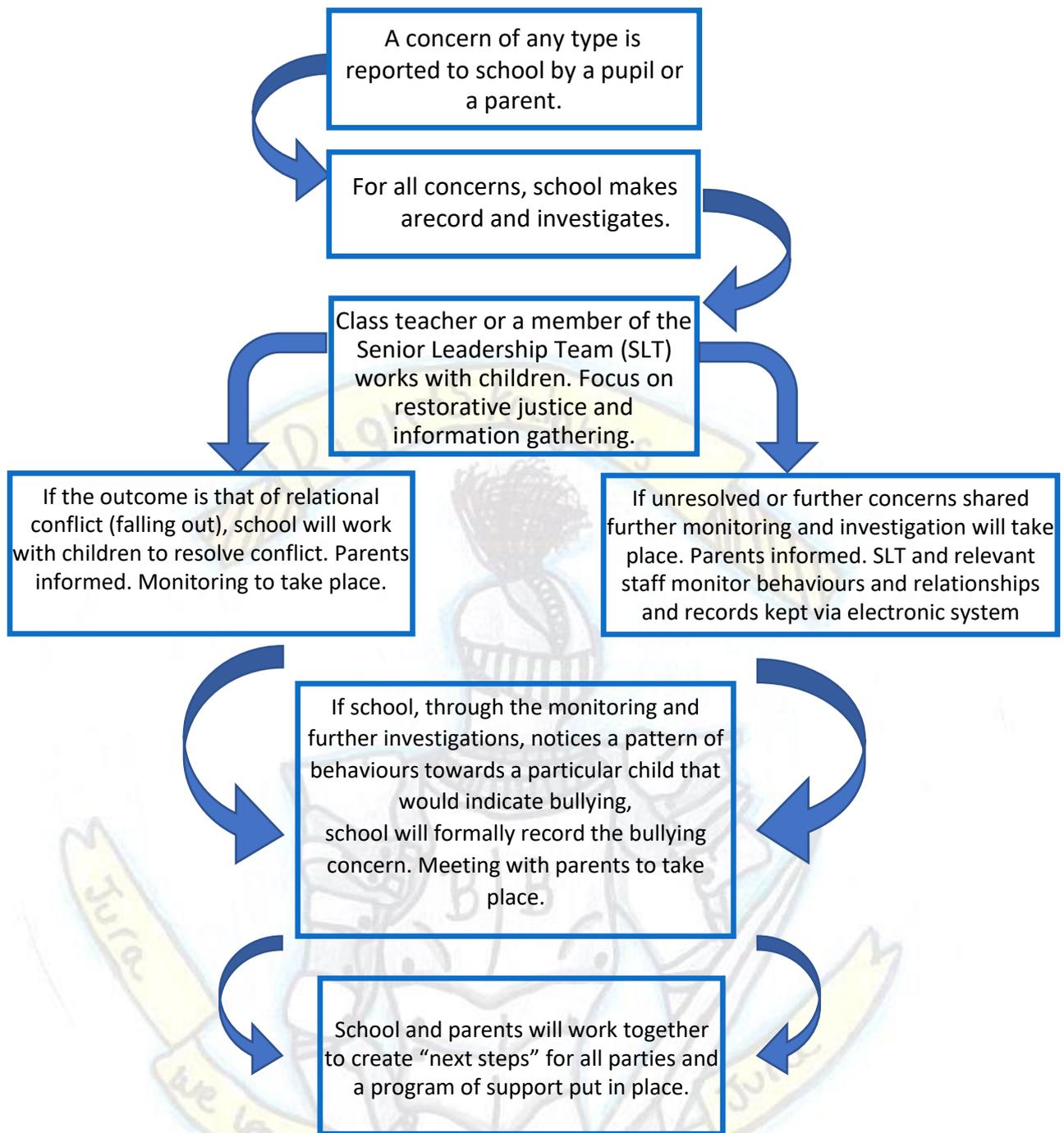
**REMEMBER : Bullying is when somebody hurts you Several Times On Purpose**

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.



**Who can I tell when I need a Helping Hand?**

**What happens is an allegation of bullying is made?**



Next Steps will be a blanket of support for the child being bullied as well as appropriate opportunities to re-instate self-esteem and worth.

We will always include the appropriate disciplinary sanctions for the bully in accordance with the school's Behaviour Policy. We recognise that this alone does not make for learning and so support will also be given for the bully, as well as appropriate opportunities for them to re-instate their self-esteem and worth. Restorative justice will focus on ensuring, where possible, relationships are strengthened between all parties.

We also recognise that bullying is a social problem and so would also work with the pupils' class(es) to remind them of the importance of friendship and kindness.