

Broomfields Junior School

We aren't many, we are one!



HELP PREVENT AND STOP ANY BULLYING AT BROOMFIELDS JUNIOR SCHOOL

(Advice for Children)

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BULLYING: WHAT BROOMFIELDS JUNIOR SCHOOL BELIEVES?



- All children and staff have the right to feel **happy, safe and included**.
- We accept that we are all **unique individuals** and we **celebrate difference**.
- All **bullying**, of any sort, is **unacceptable**.
- Children who experience bullying will be **supported**.
- We will all follow our **Golden Rules** and '**Be the best that we can be!**'

What is bullying?



Bullying is when a person is **hurtful or unkind** to someone else, **on purpose** and **more than once**. Bullying is planned or thought about and usually forms a pattern of behaviour. It can be done by one or more children.

A useful way to remember bullying is **STOP**:

Several Times on Purpose

Bullying is:

- **Deliberately hurtful**
- **Repeated, often over a period of time**
- **Difficult for victims to defend themselves against**

It can take many forms but the main types of bullying are:

- **Physical** – hitting, kicking, taking another's belongings
- **Verbal** – name calling, insulting, making offensive remarks
- **Indirect** – spreading nasty stories about someone, exclusion from friendship groups, being made the subject of nasty rumours
- **Cyber** – text messages, instant messenger services, social network sites, email, images/videos posted on the internet or spread via mobile phones.
- **Emotional** – making people feel bad about themselves.
- **Bystander** – someone who sees bullying happening and does nothing.

Bullying can be about:

- **Race or ethnicity** (racist bullying)
- **Religion or belief**
- **Family and culture**
- **Sexist bullying**, which is bullying someone because of their gender. For example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- **Homophobic or biphobic bullying**. This is saying unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example, 'you're so gay'.
- **Transphobic bullying**. This is saying unkind things because someone is trans, or because you think they are trans, or being nasty about trans people (someone who feels the gender they are given as a baby doesn't match the gender that they feel themselves to be).
- **Special educational needs or disability**
- **What someone looks like**
- **Where someone lives**

No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

Bullying is not:

- When two pupils of equal power or strength have an occasional fight or quarrel
- A 'one off' incident

Why does bullying happen?

Although bullying doesn't happen very much in our school, it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves.

If you are being bullied, remember that it is never your fault.

Where does bullying happen?

Bullying can happen at school, after school and online.

What should I do if I think someone is being bullied?

Talk to the person and **ask if they are OK** and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust.

What should I do if I'm being bullied?

If you are being bullied, it is important to **tell someone you trust**. Tell an adult or friends, either at school or at home. If you have already told an adult about bullying, you can still tell them again. You can:

- Tell a teacher – your class teacher, Mrs Plant, Mrs Morris-Brown or any other **TRUSTED ADULT** in school.
- Tell a **SEAL AND WELL-BEING AMBASSADOR** who will be able to help you.
- Tell an **ADULT AT HOME**.
- You can also **WRITE A NOTE** about the bullying in your classroom worry box.
- You can also call **CHILDLINE** at any time, for free, on **0800 1111**. They will not tell anyone else about what you have said.

If you tell a teacher, or an adult in school, they will be able to help you. They may tell another teacher, like your class teacher, or a parent or carer so that they can help you. Telling an adult will never make the bullying worse. They will talk to you and the bully to find ways to stop the bullying.

It might help to remember this:

RUN, YELL, TELL!

WHAT THE TEACHERS AT BROOMFIELDS JUNIOR SCHOOL WILL DO TO HELP CHILDREN WHO ARE BEING BULLIED:



- We will **provide support** to pupils who are bullied.
- We will **encourage them to talk** about how they feel.
- We will **help them make choices** about how the matter may be resolved.
- We will try to ensure that they **feel safe**.
- We will ask them **to report** immediately any further incidents to us.

Broomfields Junior School will deal with each individual case of bullying depending on what has happened.

BULLYING OUTSIDE THE SCHOOL PREMISES

Schools are not responsible for bullying that occurs off the premises but we know that bullying can occur outside the school gates and on journeys to and from school. The bullying may be done by pupils from our own school, by pupils from other schools or by people who are not at school at all. Where a pupil or parent tells us of bullying off the school premises we will:

- **Talk** to pupils about how to avoid or handle bullying outside of school.
- **Talk** to the Headteacher of another school whose pupils are bullying.
- **Talk** to the police – from the age of 10 you can be prosecuted for your actions.



Bullying - Don't Suffer in Silence!

Information for Pupils of Broomfields Junior School



If you are being bullied:

- try to **stay calm** and look as confident as you can
- be **firm and clear** – look them in the eye and tell them to stop
- **get away** from the situation as quickly as possible
- **tell an adult** what has happened straight away

After you have been bullied:

- **tell a teacher/another adult/ SEAL and Well-being Ambassador** in your school
- **tell your family**
- if you are scared to tell an adult by yourself, ask a friend to come with you
- **keep speaking up** until someone listens and does something to stop the bullying
- **don't blame yourself** for what has happened

When you are talking to an adult about bullying, be clear about:

- **what** has happened to you
- **how often** it has happened
- **who** was involved
- **who saw** what was happening
- **where** it happened
- **what** you have done about it already

If you find it difficult to talk to anyone at school or at home, ring:

ChildLine 0800 1111 or write, **Freepost 1111, London N1 0BR**
The phone call or letter is free. It is a confidential helpline.

Or log on to:

<http://www.childline.org.uk/Explore/Bullying/Pages/Bullying.aspx>

For advice about what to do if you are being bullied online:

<http://www.bbc.co.uk/webwise/guides/harassment-online>