

Anti-Bullying



Guidance for Parents

Written in consultation with the parents/carers of
Oreston Community Academy.

What is Bullying?

At Oreston Community Academy, we have developed our own whole school definition of bullying

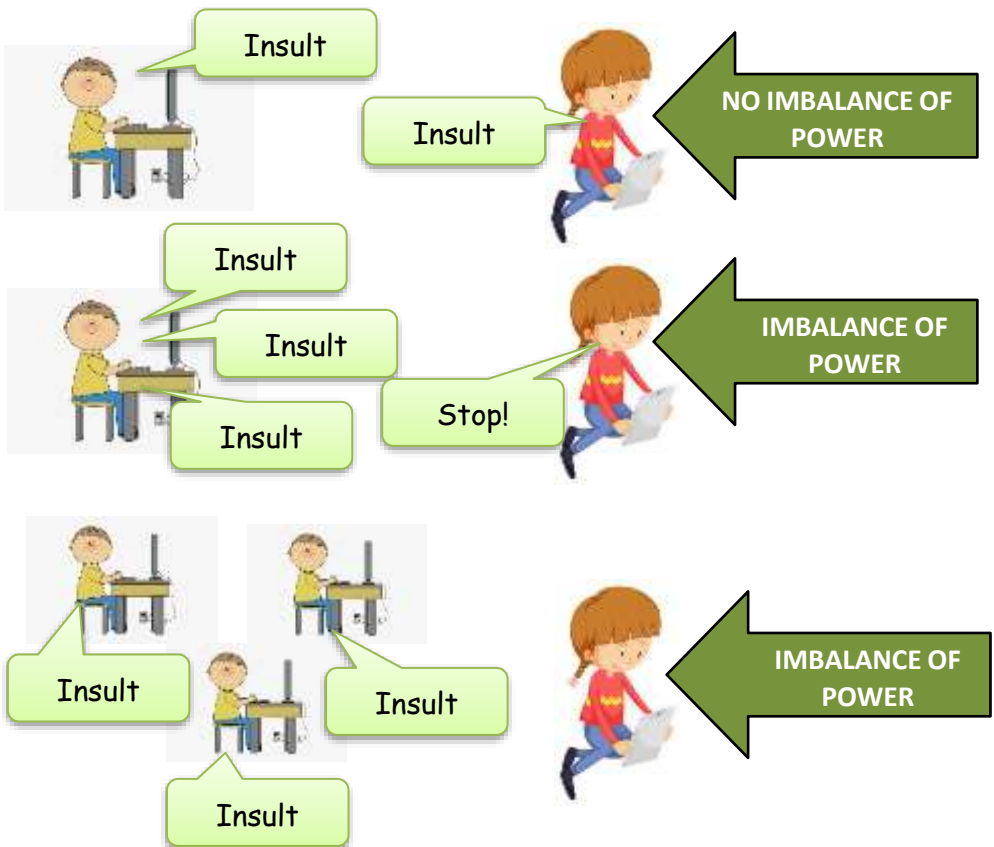
'Bullying is when a person or group of people choose to make you feel scared, worried or unhappy again and again.'

Bullying vs Friendship 'Fall Outs'

Occasionally, the word 'bullying' can be used incorrectly. Bullying can differ from other incidents and friendship 'fall-outs' and it is important that the word is used correctly.

Bullying is when: 'a person or group of people choose to make you feel scared, worried or unhappy again and again.'

- There is a **deliberate** intention to hurt or humiliate.
- There is a **power imbalance** that makes it hard for the victim to defend themselves.
- It is usually **persistent/repetitive**.



Types of Bullying

Bullying can be:

- **Physical:** pushing, poking, kicking, hitting, biting, pinching etc.
- **Verbal:** name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- **Emotional:** isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- **Sexual:** unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- **Online/Cyber:** posting on social media, sharing photos, sending nasty text messages, social exclusion.
- **Indirect:** can include the exploitation of individuals.
- Bullying related to race, religion, faith and belief and for those without faith.

Prejudice Related Language

It is the school's policy to challenge any language used by staff, parents or pupils that may be perceived as 'prejudice related language'. This includes the following areas:

- **Homophobic Language** (terms of abuse used towards lesbian, gay and bisexual people or those thought to be LGB).
- **Racist Language** (terms of abuse used towards others because of their race/ethnicity/nationality)
- **Transphobic Language** (terms of abuse used towards those who are perceived as transgender or do not fit with the gender 'norms').
- **Disablist Language** (terms of abuse used towards those with a learning or physical disability).

Hate Crime

There is no legal definition of a hate crime. However, the police and the CPS (Crown Prosecution Service) have an agreed definition of hate crime as:

"Any criminal offence which is perceived by the victim or any other person, to be motivated by hostility or prejudice based on a person's race or perceived race; religion or perceived religion; sexual orientation or perceived sexual orientation; disability or perceived disability and any crime motivated by hostility or prejudice against a person who is transgender or perceived to be transgender."

There is a distinction between a hate crime and a hate incident.

"A hate incident is any incident which the victim, or anyone else, thinks is based on someone's prejudice towards them because of their race, religion, sexual orientation, disability or because they are transgender."

However, a hate incident does not necessarily break the law.

Information on how to report a hate crime can be found on the school website and at

[/www.report-it.org.uk/home](http://www.report-it.org.uk/home)

Strategies for the Prevention and Reduction of Bullying:

These are the things that are used throughout the school to develop a positive learning environment with the aim of reducing the opportunities for bullying to occur.

These can include:

- Undertaking questionnaires and surveys to monitor the extent of bullying in the school.
- Using a 'child speak' anti-bullying charter for the children that all children sign up to and is displayed in all classrooms.
- The use of the 'High Five' poster to help children to remember what to do if they feel another child maybe unkind to them and a hand image to share our key message to stop bullying; 'Be kind, be proud, be respectful, be honest and be positive'.
- All children also create their own hand in which they write down the names of five trusted adults that they feel they can talk to if they are worried they are being bullied.
- Making national anti-bullying week a high profile event each year.
- Awareness raising through assemblies.
- PSHE Jigsaw scheme of work from Nursery to Year 6.
- Circle time on bullying issues.
- Confidential 'Worry' box where children can write and post their concerns on a 'Helping Hand' card. These are available in all classes and are age appropriate.
- Using praise and rewards to reinforce good behavior linked to the Lighthouse behaviour system and awarding a kindness cup in each class weekly.
- Encouraging the whole school community to model appropriate behaviour towards one another and ensure pupil voice enables children to talk about and improve the systems in place to tackle bullying.
- Provide support at break times and lunchtimes for all children through the use of play leaders.



Helping Hand



Helping Hand

My name:

What would you like to talk about?

Top Tips for Parents:

1. Talk – and listen

Talk to your child about how they're feeling. This may take a bit of coaxing, so choose a time when they're not tired or unhappy, and there are no other distractions. Don't press them too much for answers – just let them know you're available to listen.

2. Respond calmly

It's important to be calm. Help your child use simple, unemotional, direct language to let the bully know they don't intend to be victimised.

3. Reassure them and use the school systems

Reassure your child that someone will help and listen. Encourage them to tell one of their trusted adults in school or use the helping hand systems.

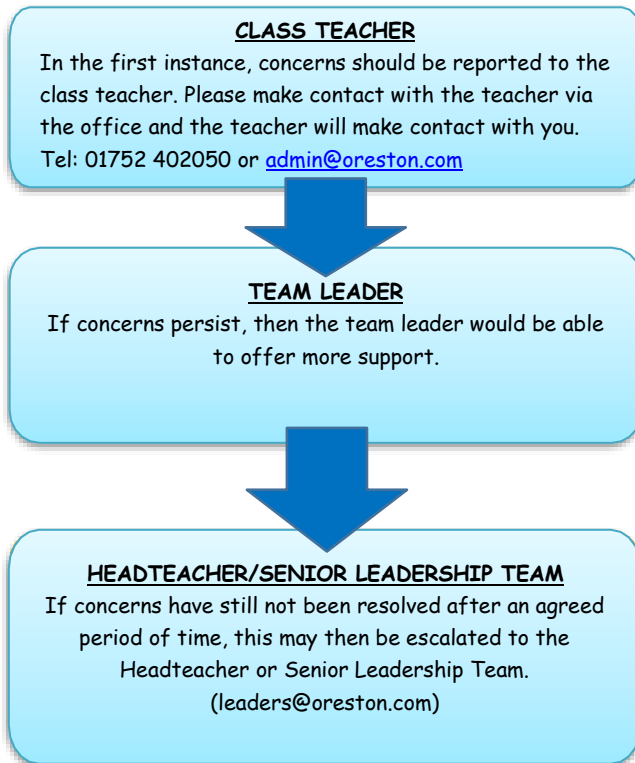
4. Report it – to school or online

If it's an ongoing issue at school, and not just a misunderstanding or that they've fallen out with a friend, it's a good idea to talk to the school about it. Never try to talk to the other child, or their parents, yourself.



What Should I Do if I Think My Child is Being Bullied?

Concerns can be reported to any adult in school. We recommend the following procedure:



The Anti-Bullying Alliance (ABA) have also created an online toolkit <https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents/interactive-anti-bullying-tool-parents>

Parental Conduct

*Issues linked to behaviour and/or anti-bullying can often be very upsetting for all parties involved. The school strongly encourages families to come and talk to a member of staff who will be able to support you. Approaching other families and children out of school/in the playground can often be unhelpful in resolving the process and can cause more upset. School will listen to, work with and support families of **all children** in reviewing and resolving issues.*

Remember to...

High 5



1. Ignore



2. Talk Friendly



3. Walk Away



4. Talk Firmly



5. Report

