

For more information on Anti-Bullying at St Silas CE Primary School, please see our Behaviour Policy and Anti-Bullying Policy.

Helplines and websites:

[www.bullying.co.uk](http://www.bullying.co.uk)

**Childline:** [www.childline.org.uk](http://www.childline.org.uk)

0800 11 11. Free, confidential helpline for children and young people. Trained volunteers offer advice 24 hours a day, by phone and online.

**Kidscape:** [www.kidscape.org.uk](http://www.kidscape.org.uk) 08451 205 204

A telephone helpline for parents and carers of bullied children.

**Parentline Plus**

National charity that works for and with parents.  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) call 0808 800 2222 for immediate support and advice for parents, 24 hours a day, 7 days a week.

**CyberMentors:** [www.cybermentors.org.uk](http://www.cybermentors.org.uk)

Safe social networking site providing support for young people affected by bullying. Young people aged 11-25 are trained as Cyber Mentors So they can offer support and advice.

**The Child Exploitation and Online Protection Centre (CEOP)** [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Organisation dedicated to stopping sexual abuse of children - also provides help and advice on cyberbullying. website for children and young people about staying safe online.

# Anti-Bullying Information for Parents and Carers



The tongue makes friends,  
The tongue loses friends,  
The tongue starts fights,  
The tongue stops fights,  
The tongue leads you to trouble,  
The tongue leads you out of trouble.  
What will your tongue do?

## What is Bullying?

Bullying is 'Behaviour by an individual or a group, usually repeat over time, that intentionally hurts another individual either physically or emotionally.'

### **Bullying is:**

- Deliberately hurtful
- Ongoing
- Unequal and difficult to stop by the person being bullied

Can be indirect or direct

- \_ physical (e.g. hitting or kicking)
- \_ verbal (e.g. abuse or name-calling)
- \_ non-verbal (e.g. gestures and looks)
- \_ psychological (e.g. excluding or threats)

S everal  
T imes  
O n  
P urpose

### **Bullying is not**

A one-off argument or fight

A friend sometimes being nasty

At St Silas CE Primary School we take bullying very seriously. We do not tolerate bullying in any form and teach all children that nobody deserves to be bullied.

We are a TELLING school: we encourage all members of our school community to report bullying.

## Sanctions

**Children are always praised in public and reprimanded in private.**

Low level behaviour should be corrected using a silent gesture.

If the child's behaviour continues:

1. move over and give them a quiet reminder of expectation.
2. Issue an amber warning
3. Tell the child they have been given an amber card, write a post it and add to SPTO at the end of the session.
4. Issue a red warning. Move to another table with different children if necessary.
5. Tell the child that you are issuing a red card. Move to a place in the class away from the other children.
6. Keep the child back at the end of the lesson to discuss the behaviour.

When a sanction is issued this should be anchored with a reminder of previous good behaviour and end with 'Thank you for Listening.'

### **Purple Cards**

For extreme serious incidents, such as fighting, bullying or use of racist or homophobic language, a purple card will be issued and the Head or Deputy notified immediately. Parents will be contacted.

### **Restorative Conversations**

When serious or ongoing incidents have occurred we aim to repair relationships by hold restorative sessions to teach children the appropriate ways of behaving and help them to understand the mistakes they have made.

## St Silas Behaviour Policy

We aim to manage behaviour by showing visible kindness because this allows exceptional behaviour to flourish. Where behaviour needs correcting it will be taught.

### **We have three school rules**

#### **Kind Words      Kind Hands      Kind Feet**

In addition to the rules we have school routines. These are:

**Fantastic Walking** The children are taught to walk around the school with love, in a fun way and with a sense of pride in our school.

**Freeze** When stopping children to give instructions raise your hand towards the sky and say freeze. Children are taught to freeze within 3 seconds.

#### **Daily Practice**

At the start of each day, class teachers stand at the classroom door to greet children. All children will be greeted with a positive comment to build self-esteem and a task will be set to immediately engage them in learning.

All staff use positive recognition throughout the day so that every child feels appreciated and important.

#### **Positive Rewards**

Expected behaviour will be recognised by a positive comment such as 'Thank you' or 'That's right.'

Children who have gone above and beyond should be recognised by awarding bronze, silver or gold on SPTO. This can be viewed by parents. Please see the school office for a login.

## Cyber-bullying - bullying that occurs via mobile phone or the internet.

### **Key rules for your child**

Think before you send a picture or message about yourself or any other person. It doesn't take long for it to be shared with every single person you know.

What you think of as a joke might be really upsetting for the other person.

Never give out personal information when it can be shared with others. You may trust your new friends but you don't know his or her friends.

Treat your password like your toothbrush - don't share it with anyone!

If you receive nasty messages, texts, comments etc. block the person sending them and always report it to an adult (your parent, teacher).

Don't reply to a bullying message but do keep it - whether it is a picture, message or online posting.

### **If your child is being cyberbullied**

Make sure your child does not retaliate or reply to cyberbullying messages of any kind.

If you need to, you can help your child to change their contact details (email, online username, mobile phone number).

Use the security tools on your family's computer, on websites or on your child's mobile phone.

Save evidence of offending emails, text messages or online conversations. Report cyberbullying.

You can report the incident to school, the website or service provider.

## **Bullying Roles and Behaviours**

We do not talk about 'bullies' or 'victims'.

This is because words like these label people. We are talking about behaviour, not a fixed way a person is. We are all capable of bullying behaviour.

### **There are different roles within bullying.**

The ring-leader

Assistants who actively join in the bullying.

Defenders who try to stop the bullying or comfort pupils who are bullied.

Bullying is deeply damaging for both the person being bullied and the person doing the bullying.

**At St Silas CE Primary School we teach the school values love, belonging, compassion and thankfulness.**

We love one another. We all belong to and are thankful for our school community. We always show compassion.

### **Whole school Anti-bullying work**

Throughout the year we teach our children the faith values; love, thankfulness, belonging, generosity, compassion and forgiveness.

National Anti-Bullying week is taking place the week commencing 13<sup>th</sup> November 2017. A range of activities are taking place throughout the week to teach children about what bullying means and how bullying makes people feel. This year, for anti - bullying week, we have decided to focus on reinforcing our school rules **Kind Hands, Kind Words, Kind Feet**. We will also be teaching children that any physical contact is not acceptable as play fighting can lead to unintentional hurt.

### **What to do if your child is being bullied.**

- \_ Help your child to talk to you.
- \_ Praise your child for telling you.
- \_ Help your child feel valued and important.
- \_ Make sure your child knows who to go to for help.
- \_ Tell your child you need to involve the school.
- \_ Collect any evidence e.g. who did what, when, and what was said and done.
- \_ Keep any text messages, emails or website comments.

### **What to do if your child is a witness to bullying**

- \_ Help your child to tell you what is happening.
- \_ Remind your child that they are not 'grassing', they are helping stop a dangerous situation.
- \_ Talk to your child about what they can do to help a child who is being bullied:
  - \_ tell a teacher what is going on
  - \_ be friendly to the other child
  - \_ include the other child in games

### **What to do if you are told your child is bullying others**

- \_ Listen to their side of the story.
- \_ Try not to call them a 'bully' - it's a label that sticks.
- \_ Remind them that you love them - it's the behaviour that you do not like.
- \_ Talk to them about other people's feelings and how much their behaviour hurts, upsets and frightens the person they are bullying.
- \_ Talk to them about anything that is making them unhappy