

# OUR ANTI-BULLYING CHARTER



## WE SAY BULLYING IS

- Repeated physical harming of another person
- Repeated attacks on race, religion or looks
- Repeated name calling, teasing or winding up
- Repeated leaving out or ignoring
- Repeated threats to or blackmail of another person
- When someone is out to get you, stalking or chasing you
- Repeatedly taking someone's property or things they are using
- Repeated damage to someone's work or property
- Repeatedly targeting someone smaller, younger, weaker or different
- Repeatedly accusing or blaming someone even when they've done nothing wrong
- Repeatedly spreading rumours or nasty stories
- Repeatedly being nasty about something others have done
- Repeated cyber bullying

Repeated means more than once.

Any one-off serious incident could also be treated as bullying.

## BULLIES IN OUR SCHOOL SHOULD EXPECT

- Red card
- Teacher and Head Teacher to be informed
- Parents/Carers to be informed
- To apologise to the victim in person and in writing – and mean what they say
- Shake hands with the victim to show that the apology has been accepted
- Compile and sign an agreement accepting responsibility and contracting to better behaviour in the future, copies of which will be sent to the victim and their parents
- Police involvement in the case of cyber bullying

## CONSEQUENCES MAY INCLUDE

- Loss of play or lunch breaks
- To be accompanied by an adult at break times
- Being interviewed by a member of the Leadership Team to explain their actions
- Meeting together with Head Teacher, victim and parents of both the bully and the victim
- Helping with jobs in and around school
- Time out in another part/classroom of the school

## WHAT TO DO IF YOU ARE BEING BULLIED

- Tell an adult or someone you trust
- If necessary, keep telling until someone listens to you
- Be the better person and walk away
- Ignore the bully
- Use a different area
- Find different friends or classmates to be with
- Be brave and strong - Talk back to the bully. Tell them their behaviour is upsetting you and tell them to stop.
- Get help from play leaders or Lunchtime Ambassadors
- Do not delete any mean or unkind messages that have been received electronically.

## THE SCHOOL WILL SUPPORT US BY

- Having a Listening Box in each classroom
- Listening to us
- Helping us to make different friends
- Involving us in the consequences to be faced by the bully
- Displaying Helpline numbers and useful web addresses around the school
- Having regular talking groups, buddy systems, Lunchtime Ambassadors and play leaders
- Discussing bullying regularly in class, Talking Groups and assemblies
- Having an Anti-bullying Week every year

## THE BULLY WILL BE HELPED

- To learn how to recognise emotions in others
- To see how their actions have affected their victims
- To recognise what is appropriate behaviour in school
- By the school working with their parents/carers
- By the school trying to find out why they are behaving in this way

## THE VICTIM WILL BE HELPED

- By being assigned a buddy from their year group &/or older year groups
- By meeting regularly with a member of staff to monitor progress
- Circle time will take place in their class



# **USEFUL NUMBERS AND WEBSITE ADDRESSES**

**IF YOU NEED CONFIDENTIAL HELP OR  
ADVICE**

**RING**

**CHILDLINE            0800 1111**

**ON THE INTERNET**

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

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

