

What is bullying?

Bullying can take many forms. Children and young people can instigate bullying and be bullied in schools. The nature of bullying is changing and evolving as technology develops. Bullying is harmful to all involved, not just to the person who is bullied, but to those who do the bullying and those who stand by. It can lead to self doubt, lack of confidence, low self esteem, depression, anxiety, self harm and sometimes even suicide. Bullying generally fits into one of two categories: emotional and physically harmful behaviour.

Methods of bullying can include the following:

Name calling; taunting; mocking; making offensive comments; kicking; hitting; pushing; taking belongings; text messaging; emailing; gossiping; excluding people from groups; and spreading hurtful and untruthful rumours.

Definitions are different and individuals have different experiences. A definition compatible with the developing experiences and accounts of children and young people, and with much research in the area, is:

- repetitive, wilful or persistent
- harmful, carried out by an individual or a group
- an imbalance of power, leaving the victim feeling defenceless

It is important to recognise a person's perception of whether they are bullied, especially when the other person says they did not mean to bully them and was 'only teasing' or 'just joking'.

A non-exhaustive overview of the anti-bullying measures in place to prevent bullying, identify and respond to incidents of bullying

Curriculum

PSHE

- **Key Stage 3:** the effects of all types of stereotyping, prejudice, bullying, racism and discrimination, and how to challenge them assertively.
- **Key Stage 4:** to challenge offending behaviour, bullying, racism and discrimination assertively; to take the initiative in giving and receiving support.

Psychology

- Stereotyping and prejudice

ICT

- Code of conduct
- Cyber bullying

Citizenship

- **Key Stage 3:**
 - Unit 03: Human rights
 - Unit 07: Local democracy
 - Unit 13: How do we deal with conflict?
 - Unit 14: Developing skills of democratic participation
 - Unit 15: Crime— and safety-awareness – a whole-school multi-agency approach
 - Unit 16: Celebrating human rights – citizenship activities for the whole school
- **Key Stage 4:**

Unit 01: Human rights

Unit 03: Challenging racism and discrimination

Whole school strategies

- Anti-bullying policy
- Anti-bullying Standard Operating Procedures
- Anti-bullying toolkit
- Year 7 Behaviour PowerPoint 2011
- Peer mentors/buddies/peer mediators
- Circle of friends
- Bullying log
- Care and Guidance Leaders
- Assembly rota

Year 7: Peer pressure, rumours and gossip, the importance of well being, Soloman Asch, Seeing from other point of view, student behaviour

All years Community assemblies: Community ethos, achieving together, values, new year new you, attitudes

- Know IT all
- Anti-bullying week - Cyber-bullying 2011
- SEAL in Turnaround Centre
- Staff Inclusion meetings

Monitoring

- Tutor Group visits
- Year group class drop ins
- Lesson observations

Surveys

- Bi-annual Safer Schools survey
- Year 7 well being survey
- Parent, student and staff surveys

New developments

- KKS text for help
- Parent e-safety evening (Forensic Software)
- Behaviour policy review (annually)