



Reinwood Junior School

Anti Bullying Booklet

Our Guide For Children





Introduction



What is bullying?

Bullying means that one child is deliberately using his or her power over another to make them feel bad. Bullying is not having a single argument or fight with someone. It isn't saying something bad to someone once when you are angry,

Bullying goes on deliberately (on purpose) over a period of time.

Department for Education and Skills
Primary National Strategy - SEAL definition



Our Year 6 School Council representatives came up with this definition of bullying:

Bullying is when someone constantly hurts someone else, either physically or mentally.

They also discussed what to do if you were being bullied:

What you should do is tell an adult once you make sure it is bullying, it could be your teacher or even your parents.

At Reinwood we want you to know:

- that if you are unhappy and you think someone is hurting you on purpose again and again, on the inside or the outside, that it is right to tell an adult. Hurting like this is called bullying
- what to do if you think you are being bullied
- that if you tell an adult that you think you are being bullied, you will be listened to
- who to tell if you think you are being bullied
- that the adults you tell will help you
- that adults will help you to feel safe again
- that you will be helped to feel confident and happy again
- that you can get help from others

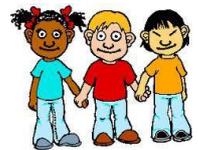
What to do if someone is being unkind to you:

- say to the person "Stop, I don't like that."
- ignore them
- tell a friend
- speak to a friend
- report to a teacher
- discuss it with an adult

For pupils who are showing bullying behaviour towards others, they need to know:

- that they are responsible for their own behaviour
- that adults will help them to see the harm they have caused
- that adults will help them learn to have kind hands, kind feet and a kind mouth
- how they can start to repair the harm they have caused.

For everyone in the school:



- knows that bullying behaviour is wrong
- all of you will be asked about what you think the behaviour is like at Reinwood
- School Council will be asked every year to look at this booklet about bullying behaviour and make changes if needed
- we want you to know about what you can do if you know your friend is being bullied or you see someone else being bullied.

The use of any homophobic and racist language will be dealt with and all incidents are recorded.

Let's sort it!



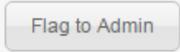
How we record incidents of Bullying at Reinwood Junior School. All incidents of bullying are referred to the Anti-Bullying co-ordinators:

- Mrs Haigh - lower school
- Miss Megson - upper school
- Mr Winstanley - Online safety Co-ordinator

They will record the information in the bullying book and check up on the pupils involved daily. This will then reduce to twice weekly, weekly and then randomly to ensure the bullying has not continued. We ask parents and carers to inform class teachers if they are concerned about their child.

Cyberbullying: when electronic communication is used to bully a person, typically by sending messages of an intimidating or threatening nature.

This is as serious as face to face bullying and can be harder to avoid as it can reach people at home on their electronic devices.

If you are sent a message on the VLE that you do not like, click the  button to automatically report it to an adult in school. If you are sent an intimidating or threatening message on another platform (Instagram, Facebook, Snapchat, etc.), screenshot the message and report it to the nearest adult. Do not delete the message as it can be used as evidence.

We Can Sort it Out Questions

1. What happened?

(calmly, with no interruptions, take it in turns to say what happened)



2. What were you thinking when it happened?

(in turn each say what was in your mind at the time. Do not say WHY DID YOU DO THIS - as this will lead to lies, shrugs, arguments, denial or silence)

3. What do you think about it now?

(in turn each say what you think - this encourages honesty & discussion)



4. Has anyone been hurt/upset by what happened?

(in turn each say if you have been hurt on the inside or the outside of your body)



5. How?

6. What do you need to do to make it right?

(in turn each say what you want from each other and think of ways to make you both feel good again).

7. Are you happy with how it has been dealt with?

WELL DONE FOR SOLVING YOUR PROBLEMS ALL BY YOURSELVES.

Anti – Bullying Co-ordinators



Upper School

Miss Megson

Lower School

Mrs Haigh



Online-Safety Co-ordinator

Mr Winstanley