



**PENINSULA**  
LEARNING TRUST



## **Mount Charles School**

### **POLICY ON ANTI-BULLYING**

Adopted by the Governing Body	November 2018
Next Review date:	November 2019

#### **Purpose of this Policy**

- Everyone should have an understanding of what bullying behaviours are
- Everyone should know what the school policy is on bullying, and follow it when bullying is reported.
- As a school Mount Charles takes bullying very seriously. Children and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated at Mount Charles School

#### **Main Points of the Policy**

Mount Charles School:

- is determined to be a safe, friendly and caring place.
- will support and help anyone who is bullied.
- will help anyone who shows bullying behaviours to change their behaviour.
- will aim to help all its children to become confident, individual, respectful and understanding of others.
- will investigate and resolve instances of bullying.
- does not tolerate bullying

#### **What is bullying?**

**Bullying is defined as:**

“Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group, either physically or emotionally.”

(DCSF 2007)

## **Types of Bullying**

Bullying can take a number of forms, the most common of which are:

1. **Physical bullying** – involves physical actions such as punching, kicking and any form of violence. This type of bullying can seriously hurt the victim physically and mentally.
2. **Indirect bullying** – involves deliberate exclusion, being unfriendly, and tormenting (hiding bags or books).
3. **Verbal** – this affects the victim's mind and emotions. This involves name calling, teasing, threats, sarcasm, and spreading rumours.
4. **Extortion** – demanding money, mobile phones and other possessions.
5. **Gestures** – the use of an implied threat of more physical violence. It can also be used to convey embarrassing sexual or racist connotations.
6. **Cyber-bullying** – this includes all areas of internet misuse or other digital communication devices. It includes nasty or threatening text messages or emails, misuse of blogs, internet chat rooms and instant messaging services.

## **Record Keeping**

Incidents will be recorded on CPOMS (secure, online reporting system) to support the identification of any patterns of behaviours.

Where incidents of bullying have occurred staff will work with both parties to investigate the situations, stop the bullying behaviours and provide appropriate emotional support.

**See Appendices for specific advice for pupils and parents.**

**This policy is to be used in conjunction with the School Behaviour and E-safety/Online safety policies.**

## Appendix 1

### Top tips to prevent cyber-bullying

1. Always tell someone you trust what is happening.
2. You may need to tell the local Police. It is against the law to make a call or send a text or email that is abusive or threatening, or to keep sending messages that will annoy someone or make them anxious.
3. Never reply to the bully or send an even nastier message back. Often bullies will send a message to get a reaction so don't respond to it.
4. Keep and save messages.
5. Don't give out your personal details online. If you don't recognise a number, caller ID or an email, get an adult to check it later.
6. Don't forward abusive texts, emails or images to anyone. You could be breaking the law just by forwarding them.
7. Don't ever give out passwords to your mobile or email account.
8. Contact the Service Provider to tell them about the bullying. They may be able to track the bully down.
9. Use blocking software – you can block instant messages from certain people or use mail filters to block emails from specific email addresses.
10. Remember you need to be 13 years old to have a Facebook page!
11. Privacy settings must be set to the highest level
12. REMEMBER THAT SENDING ABUSIVE OR THREATENING MESSAGES IS AGAINST THE LAW.



## **Appendix 2**

### **Information for Children**



#### **What is bullying?**

Bullying is usually defined as behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, for example because of race or religion

It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (for example email, social networks and instant messenger)

#### **What do you do if you are being bullied?**

Tell someone.

This is very important. You are not alone. You are not the first person to be bullied and you will not be the last. Bullying is wrong and you do not have to put up with it. Tell someone.

These are some of the people in Mount Charles you can tell:

- Your Head teacher
- Your Class Teacher
- Any one of the teachers
- Any one of the teaching assistants
- Your Pastoral Care Manager: Mrs Hann
- Your friend
- Another pupil
- Prefects
- Playground Buddies
- Any member of staff you have got to know – this could be a supply teacher, one of the catering staff, a lunch time supervisor, one of the secretaries, or one of the caretakers.

It doesn't matter who you tell, but it is important that you do tell someone.

We will all want to help.

We will all listen.

We will help you decide what you want to do about it.

We will be firm in our dealings with anyone who is bullying you.

Outside Mount Charles there are other places you can go to for advice and support. These include:

- Your Family
- Childline: 0800 1111
- Anti-Bullying Cornwall: 01209 202696
- The Samaritans: 08457 909090
- British Telecom Nuisance Call Adviser: 0800 800 150
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.antibullying.net](http://www.antibullying.net)
- [www.stoptextbully.com](http://www.stoptextbully.com)



## **What do you do if you know someone is being bullied, or is a bully?**

Tell someone.

Mount Charles School is a community. If you know that there is bullying going on it will affect us all.

Remember - tell someone.

## **What do you do if you are bullying someone?**

Stop.

Tell someone.

Sometimes there are reasons why you bully someone else. It is important to talk about these. If you are determined to stop bullying, we will help you. We will also probably take some disciplinary action against you as bullying is against the School Behaviour Policy. The most important thing, though, is to stop. You aren't the first person to bully and you won't be the last. Most people who bully at some point in their lives do stop. Let us help you.

Tell someone. Talk to a member of staff or contact one of the organisations previously mentioned.

## Appendix 3

### Guidelines for staff and parents

Look for signs of bullying. Be aware of:

- the child who becomes withdrawn and moody
- depression
- low self-esteem
- a drop in attendance
- a drop in the quality of work
- poor concentration
- unexplained injuries
- damaged or missing personal property
- tiredness
- arriving early or late for a lesson alone
- lack of social activity eg sitting alone in the library, a corridor etc
- reluctance to contribute in a lesson.

If you identify bullying as happening or if a child talks to you about being bullied, talk to the child's teacher, phase leader, pastoral care manager, Inclusion manager or a member of the senior leadership team who will advise on the next steps.

**If a child approaches you to talk about bullying:**

#### **DO**

- Listen.
- Ask Questions.
- Reinforce to the child that it was right to tell.
- Reassure the child that we will help.
- Speak to the class teacher.
- Get advice from the Head teacher, Assistant Head teachers, Mrs Nancarrow or Mrs Hann.

#### **DO NOT**

- Treat it lightly.
- Brush the issue off.
- Tell the student off.
- Tell the student they must stop complaining and get over it.
- Forget.

If you think that a student is at risk of physical harm this may also be a child protection issue. Inform a member of the Safeguarding, Child Protection Team.

Be aware also of bullying behaviours that are linked to extremism and radicalisation- **refer to the Tackling Extremism and Radicalisation policy.**