

OLD BUCKENHAM HIGH SCHOOL

Rural School of Excellence

- **WHAT THE SCHOOL WILL CONTINUE TO DO**
- **ENCOURAGE** non-aggressive relationships between all who use the school.
- **ORGANISE SCHOOL** in order to minimise the opportunities for bullying to take place.
- **INCLUDE 'RELATIONSHIPS'** in our learning curriculum
- **INCLUDE** work on bullying, including the Anti-Bullying Charter and the Bully Box, in our PSE Programme each year.
- **MAKE SURE** that every student is aware of the school policy on bullying, and our expectation that they should talk to an adult about any incidents of bullying that they are aware of.
- **DEAL QUICKLY AND FIRMLY** if any incidents occur.
- **INVOLVE PARENTS** at every stage.
- **FOLLOW UP, RECORD AND MONITOR** the situation to ensure that there are no further incidents.

Staff have separate guidelines about dealing with incidents of bullying.

The Exclusion Policy may be used if Incidents recur and where other Tactics/sanctions have failed.

CONCLUSIONS

Bullying affects everyone, not just the bullies and the victims but others who can see what is happening and all who come into contact with them.

Bullying is not a necessary part of growing up and, unfortunately, rarely sorts itself out. We hope that everyone involved with Old Buckenham High School will work together to Make our anti-bullying Policy successful.

ANTI-BULLYING POLICY

This policy was discussed by The Staff and Pupils and adopted by Staff and Governors in the Spring Term 2000

We believe that all young people have the right to come here without fear of being bullied. We aim to create a calm, secure and caring atmosphere in which all students can benefit from their education. We do not believe bullying to be widespread at Old Buckenham High School, but it does happen. We always consider all complaints connected with bullying seriously, no matter what the circumstances, and always try to deal promptly, sensitively and efficiently with incidents when they do occur.

- **WHAT IS MEANT BY BULLYING?**

Bullying arises from a wish deliberately to hurt, threaten or frighten someone else. It can happen anywhere, at any time and usually takes place on several occasions,.

BULLYING *can be:*

- **PHYSICAL** – involving pushing, punching, hitting or kicking
- **VERBAL** – involving name, calling, teasing, taunting or threatening.
- **SILENT** – involving the isolation of the victim by ignoring him or her or by excluding him or her from group activities.

Other forms of bullying can involve:

- **RUDE GESTURES**
- **DELIBERATE DAMAGE** to the victim's property
- **TAKING PROPERTY** without permission
- **EXTORTION** of money, sweets or other belongings.
- **MALICIOUS GOSSIP** or **NAMECALLING**
- **FORCING** the victim to do something against his/her will.

- **WHAT SHOULD A STUDENT DO IF HE/SHE IS BEING BULLIED?**

Tell yourself that you do not deserve to be bullied. Remember it's good to be an individual.

- **TRY NOT** to show that you are upset.
- **STAY** with a group of people; there is safety in numbers.
- **TRY** to be assertive – say **NO** – walk away confidently.
- **DON'T FIGHT BACK** - generally this makes things worse.
- **TALK TO AN ADULT** in whom you have trust. You will be taken seriously and the best course of action can be considered. If you are bullied, keep records of **WHO** is involved, **WHAT** happened, **WHERE** it happened and **WHEN**.

NEVER REMAIN SILENT – THIS IS THE BULLY'S GREATEST WEAPON.

- **WHAT SHOULD OTHER STUDENTS DO IF THEY ARE AWARE THE BULLYING IS HAPPENING?**

TAKE ACTION when someone is being bullied or is in distress. Watching or doing nothing makes it look as though you are on the side of the bully.

If you cannot, or do not wish to, be involved **TELL AN ADULT YOU TRUST, IMMEDIATELY.** You will not be named and the bully or bullies will have no knowledge of your involvement.

- **HOW CAN PARENTS HELP?**

- **WATCH** for any signs of distress in your child. For instance, is he/she unwilling to attend school, does he/she regularly feel unwell, has missing equipment or possessions?
- **TAKE AN ACTIVE INTEREST** in your child's social life, who his/her friends are, what he/she does at lunchtime, how he/she travels to and from school.
- **INFORM THE SCHOOL IMMEDIATELY** if you think your child may be the victim of bullying. Your communication will be taken seriously and every possible course of action will be taken to solve the problem.
- **KEEP WRITTEN RECORDS** if incidents persist – **WHO** is involved; **WHAT** happened; **WHERE** it happened and **WHEN**.
- **DO NOT ENCOURAGE** your child to hit back this often makes matters worse.
- **MAKE SURE** your son/daughter knows there is nothing wrong with them – it's not their fault.

Many children bully at some point. If you or the school have reasons to suspect your child is involved, we will need to support each other to overcome the problem.

REMEMBER – WE CANNOT STOP BULLYING IF WE DO NOT KNOW ABOUT IT