

Anti-Bullying Charter

What is bullying

'The repetitive, intentional hurting of one person by another, where the relationship involves an imbalance of power. Bullying can be carried out physically, verbally emotionally or through cyberspace.' **Anti-Bullying Alliance**

Bullying of any kind is unacceptable at our school.

- Everyone has the right to feel welcome, safe and happy
- We should treat everyone with respect
- If bullying happens it will be dealt with quickly and effectively
- Everyone should know where to get support if something happens

What types of bullying are there?

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money/goods with threats)
- Cyber (all areas of internet, email and internet chatroom misuse)
- Mobile threats by text messaging and calls.
- Misuse of associated technology i.e. camera and video facilities including those on mobile phones.

Because people are seen to be different, for example:

- Racist (racial taunts, graffiti, gestures)
- Sexual (unwanted physical contact, sexually abusive comments)
- Homophobic (because someone is / is thought to be gay or lesbian ; or other issues of sexuality)
- Disablist (because someone has a disability)
- Child / Young Person In Care
- Young carer
- Different appearance

What are the signs and symptoms of bullying?

It could be:

- Is frightened of walking to or from school or changes route
- Doesn't want to go on the school / public bus
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school phobic)
- Begins to truant
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts suicide
- Threatens or attempts self-harm
- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money
- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises
- Comes home 'starving'
- Bullying others
- Changes in eating habits
- Is frightened to say what is wrong
- Afraid to use the internet or mobile phone
- Nervous or jumpy when a cyber message is received
- Gives improbable excuses for their behaviour.

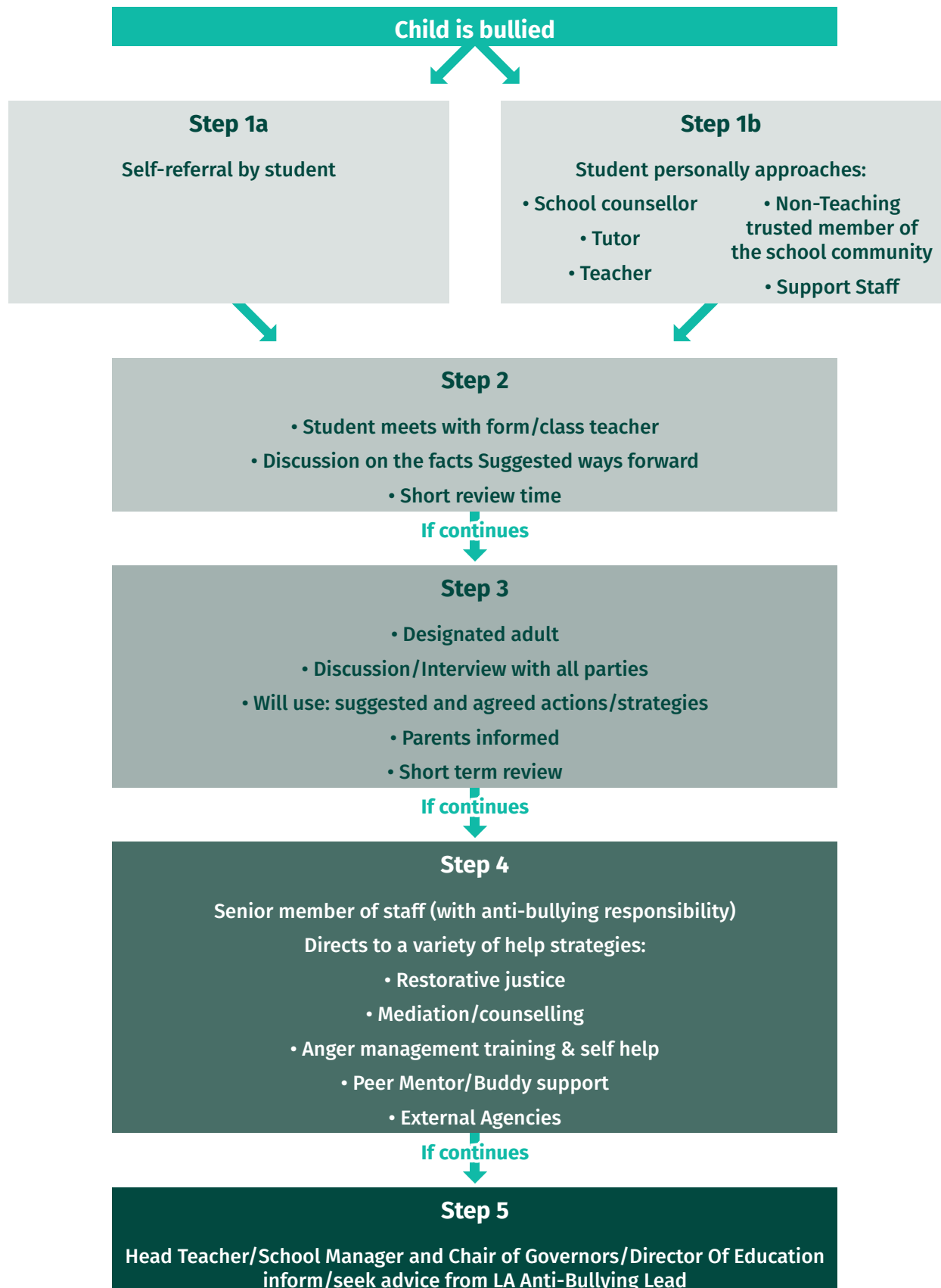
What causes Bullying?

The reasons could be:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- because they are being bullied themselves
- because they see and pick on an easy target (small, won't tell anyone, lonely or different in some way)

Procedures in School for Reporting Bullying

Pathways of Help



Who can help in school?

- Director Of Education
- Head Teacher or Deputy
- Designated safeguarding lead or deputy
- Any teaching or support staff

Here are a few national helplines that are also available.

Anti-bullying Alliance - the alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues.
www.anti-bullyingalliance.org.uk

Kidscape
www.kidscape.org.uk
020 7730 3300

Childline - advice and stories from children who have survived bullying.
0800 1111

Bullying on line
www.bullying.co.uk

Family Lives - advice and links for parents.
www.familylives.org.uk
0808 800 2222

Parents Against Bullying
01928 576152

Stonewall - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen.
www.stonewall.org.uk

Cyberbullying.org - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyberbullying. A Canadian based site.
www.cyberbullying.org

Chatdanger - a website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting.
www.chatdanger.com

Think U Know - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools.
www.thinkuknow.co.uk

Know IT All for Parents - a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement.
www.childnet-int.org/kia/parents

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