



# Lostwithiel Primary School

## POLICY ON ANTI-BULLYING

Adopted by the Governing Body September 2016  
Review date: September 2017



### **Purpose of this Policy**

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

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

Lostwithiel School:

- is determined to be a safe, friendly and caring place.
- will support and help anyone who is bullied.
- will help anyone who bullies to change their behaviour.
- will aim to help all its students 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.

**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.



## **Information for Students**

### **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 Lostwithiel you can tell:

- The Headteacher - Ms Simmonds
- The Deputy Head Mrs Webber
- Your Teacher
- One of the Teaching Assistants or any other member of staff
- Your friend

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.

For the incident to be fully investigated an Anti-Bullying Form needs to be completed.

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

- Your Parents



- Childline: 0800 1111
- 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.

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

Remember - tell someone.

### **Guidelines for staff and parents**

Look for signs of bullying. Be aware of:

- the student 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 student talks to you about being bullied, talk to the Headteacher or Deputy Head Teacher who will advise on the next steps.

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

**DO**

- Listen.
- Ask Questions.
- Reinforce to the student that it was right to tell.
- Reassure the student that we will help.
- Get advice from a Head of Year/Vice Principal.

**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 the Designated Safeguarding Lead Natalie Simmonds.