

# Saltford C of E Primary School



Anti-Bullying Charter  
Prepared by the School Council

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### **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.’

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 technology ie: camera and video facilities including those on mobile phones.
- Because people are seen to be different, for example :-
- Racist (racial taunts, graffiti, gestures)
- Homophobic (because someone is / is thought to be gay or lesbian)
- Disablist (because someone has a disability)
- Child / Young Person In Care
- Young carer
- Different appearance

### **What are the signs and symptoms of bullying?**

- 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- Becomes withdrawn, anxious or lacking in confidence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?**

- 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)

## How can we prevent Bullying?

- Make sure we report it if we see it happening
- Encourage everyone to follow the anti-bullying charter
- Point out the anti-bullying symbols around the school

## Who can help in school?

- We think everyone can help...
- But if you are worried about anything,
- talk to
- your classteacher,
- a teaching assistant,
- a playworker
- the office team
- Miss Elliott
- Mrs Spincer
- Mrs Godwin
- 

## Who can help outside school

The Bath and North East Somerset **Family Information Service** offers impartial information about **local** services and organisations that deal with issues around bullying and harassment and other family issues. For more information contact:

**Family Information Service**

**Helpline: 0800 073 1214 (during office hours)**

**Text: 07980 998906**

**Website: [www.bathnes.gov.uk/fis](http://www.bathnes.gov.uk/fis)**

**Email: [fis@bathnes.gov.uk](mailto:fis@bathnes.gov.uk)**

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](http://www.anti-bullyingalliance.org.uk)

## **Kidscape**

[www.kidscape.org.uk](http://www.kidscape.org.uk)

02077303300

**Childline** – advice and stories from children who have survived bullying

08000 1111

## **Bullying on line**

[www.bullying.co.uk](http://www.bullying.co.uk)

**Family Lives** – advice and links for parents <http://familylives.org.uk/>

0808 800 2222

## **Parents Against Bullying**

01928 576152

## **Useful sources of information**

**Stonewall** - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. [www.stonewall.org.uk](http://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](http://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](http://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](http://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](http://www.childnet-int.org/kia/parents)

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**Childline** – advice and stories from children who have survived bullying  
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**Bullying on line**

[www.bullying.co.uk](http://www.bullying.co.uk)

**Parentline Plus** – advice and links for parents

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

08088002222

**Parents Against Bullying**

01928 576152

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## Approval of Charter

(Get pupils, staff, parents to come up with their own statements, as below)

- I understand what is meant by bullying
- I know where pupils can get help in school
- I know where pupils can get help out of school
- I believe \_\_\_\_\_ School takes bullying seriously and acts upon it swiftly

## Signed

\_\_\_\_\_ Pupil Representative Year 1

\_\_\_\_\_ Pupil Representative Year 2

\_\_\_\_\_ Pupil Representative Year 3 etc.

\_\_\_\_\_ Staff Anti-Bullying Lead

\_\_\_\_\_ Governor Anti-Bullying Lead

\_\_\_\_\_ Parent Representative/s

\_\_\_\_\_ Headteacher

**Date** \_\_\_\_\_