

Dallimore Primary and Nursery School



Anti-bullying policy.....by
children for children.



be kind!



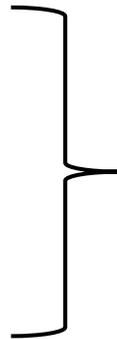
[Words in red are explained at the end]

What we want our school to be like

We want our school to be a friendly place where everyone feels safe, and happy. This means that children need to make good choices about their behaviour, take responsibility for their actions and use STARFISH to help them understand what it means to be a nice person.

STARFISH MEANS:

- Sportsmanship
- Tolerance
- Appreciation
- Respect
- Friendship
- Inspiration
- Sensitivity
- Honesty and Helpfulness



There is an explanation of what those words mean for children at our school at the end of this policy



We want everyone to:

- understand what bullying is
- know that bullying is bad
- feel happy to tell an adult if they are being bullied
- know that things will get sorted out in a fair way
- feel safe
- help the bully to truly understand how it feels
- know that bullying is not ok WHATSOEVER



What is bullying?

It is important that EVERYONE knows what bullying is, and also what bullying isn't.

Adults and children in school use the word STOP to understand what bullying is:

Several
Times
On
Purpose



This means that someone has been unkind over and over again.

Being unkind includes:

- ganging up

- leaving people out
- stealing or hiding someone's things
- using words, hands or feet to hurt someone (kneeing, elbowing, pushing)
- lying about someone or spreading rumours
- name calling
- teasing
- laughing at someone
- making fun of someone because of their religion, skin colour or because they come from another country.
- making people do things and making threats if they don't do those things (**blackmail**)
- deliberately making someone feel uncomfortable
- being **homophobic**
- being **racist**



Bullying can also be **cyber bullying** or **on-line**

This means using an ipad, tablet, phone, Play Station, x-box or computer to:



- send an unkind message
- make fun of someone
- share photos and information about someone without them knowing
- **hacking** someone's account and sending messages from it
- swearing at someone
- reporting people for no reason
- being unpleasant over headsets
- **scamming**



There may be other forms of bullying but we always think

Several
Times
On
Purpose

Bullying is not:

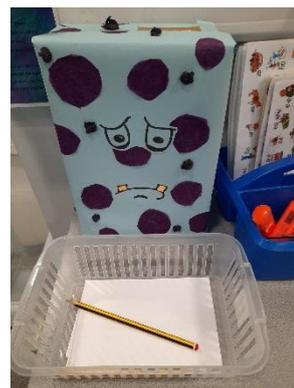
- children falling out
- a fight
- someone being unkind once or twice (like tripping over or ignoring them)
- shouting at each other
- giving an honest opinion (although we need to think about other's feelings and show **empathy**)



How do we know if someone is being bullied?

If someone is being bullied they might:

- look sad
- have bruises/ cuts
- be crying
- seem alone/ **isolated**
- not want to come to school (pretend to be ill)
- be scared to go online
- seem different/ out of character/ depressed
- put a note in the **worry box/ worry monster**
- have trouble sleeping
- Have trouble concentrating on their learning
- hurt themselves because they are angry or upset
- have been seen being hurt by someone
- be behaving badly
- worry about how they look
- be being unusually unpleasant to others
- not want to eat much (lose their appetite)



What do we do if someone is bullying?

If someone is being bullied or someone is bullying, everyone has an important job to do.

We use:

Start
Telling
And
Reporting
Trouble



Children could:

- tell someone - this could be a friend or a grown up/ **trusted adult**
- decide if it is bullying
- don't try and sort it out yourself
- check that the person being bullied is ok/ help or support them
- ask the bully to stop
- put a note in the worry monster
- be clear about what's been happening
- speak to the Mrs Crowther or Mrs Smith if they don't think this is being taken seriously enough or they are not being listened to
- support someone and be a good friend
- ring Childline



Parents should:

- listen
- make sure their child feels safe and happy (give them a hug)
- decide if it is bullying
- tell school as soon as possible so they can try and sort it out yourself- this might be a phone call, a dojo or popping into school
- don't try and sort it out themselves
- stay calm and try not to show anger at a situation
- write down what they are told so that the correct information is given to school
- be patient with school
- NOT post information on social media and this can be very unhelpful



No Bullying

Adults in school will:

- listen and take children seriously (believe them) and write down all the information
- ensure the **victim** feels safe
- praise the victim for telling someone that something is wrong
- complete the forms with the victim and/ or parents to help decide if it is bullying
- talk to the bully
 - ask the bully why they are doing it (they might be sad about something)
 - try to get the bully to understand how the other child is feeling
 - make sure that the bully knows that this is not ok
- let everyone have their say
- talk to parents about what is happening
- make sure that all adults who need to know are clear about what has happened
- keep all forms for future records

How can we stop bullying?

- by telling an adult or a friend (this might be in a worry box)
- teach people to be nice (use starfish)
- be fair/ the same with the way children are dealt with
- be consistent with the way children are dealt with
- exclude children if they keep doing this
- try yoga to relax people
- more THRIVE time for the victim and sometimes the bully if they need some support
- remind everyone lots of times that bullying is not something we put up with at Dallimore



BULLYING IS NOT GOOD AND ANY TYPE IS NOT OK
IF WE KNOW IT'S GOING ON THEN WE CAN SORT IT OUT

What some of the difficult words mean



Our STARFISH words:

Sportmanship

Working together as a team and being fair to everyone

Tolerance

Allowing other children to be themselves without being mean or unkind

Appreciation

Letting someone know how much you like something they have done or how they have behaved

Respect

By polite and friendly, listening and letting people know you care

Friendship

Showing kindness and understanding towards others

Inspiration

When you get a good idea from someone or you really like what they have done

Sensitivity

When you listen and show care to other people

Helpfulness

Being there for each other and lending a hand

Honesty

Always telling the truth



Other words that might be tricky to understand

- | | |
|-------------------|---|
| blackmail | this is telling someone that something unpleasant will happen if they don't do as they are told |
| homophobic | making fun of, teasing or being unkind to someone because of their sexuality |
| racist | making fun of, teasing or being unkind to someone because of their skin colour |

cyber bullying	using technology for causing hurt on purpose
on-line	anything that happens over the internet or over wi-fi
hacking	when someone gets into your account or computer without your permission
scamming	when someone deliberately tricks you into giving them something (usually money but can be anything)
empathy	understanding how someone else is feeling
isolated	being or feeling alone or lonely
worry box/ worry monster	something where a child can put a note to let an adult know they are unhappy about something
trusted adult	all children have at least one person in school who they trust to sort things out for them or who they can talk to if they are worried about something
victim	the person who has been bullied

Change at
Dallimore
Starts with
kindness.

