

ST. OSWALD'S CATHOLIC PRIMARY SCHOOL



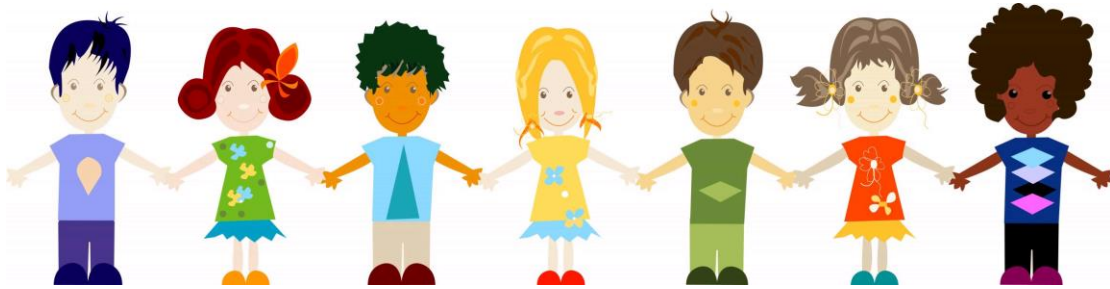
HELP STOP ANY BULLYING AT St. Oswald's Catholic Primary School

(Advice for Children)

November 2019



BULLYING: WHAT ST. OSWALD'S BELIEVES



- All children and staff have the right to feel happy, safe and included.
- All bullying, of any sort, is unacceptable.
- Children who experience bullying will be supported.
- We recognise the effects that bullying can have on children's feelings of worth and on their schoolwork, and the school community will actively promote an anti-bullying environment.

WHAT IS BULLYING?



Bullying ... is planned or thought about and usually forms a pattern of behaviour. It can be done by one or more children.

Bullying is:

- Deliberately hurtful
- Repeated, often over a period of time
- Difficult for victims to defend themselves against

It can take many forms but the main types are:

- Physical – hitting, kicking, taking another's belongings
- Verbal – name calling, insulting, making offensive remarks
- Indirect – spreading nasty stories about someone, exclusion from friendship groups, being made the subject of nasty rumours
- Online – through social media, texts, e-mails, Skype and networking sites such as Facebook, Snapchat etc

Bullying is not:

- When two pupils of equal power or strength have an occasional fight or quarrel
- A 'one off' incident

HOW WE DEAL WITH BULLYING

St. Oswald's will deal with each individual case of bullying depending on what has happened.

WHAT CHILDREN NEED TO DO IF THEY ARE BULLIED

- RUN – YELL – TELL
- Pupils who have been bullied should report this to their own class teacher.
- Pupils who see others being bullied should report this to their own class teacher.
- Reports of bullying will be logged by class teachers in the first instance and subsequently by the Headteacher. Any written records will be dated and kept by the Headteacher.
- All reports will be taken seriously.

WHAT THE TEACHERS WILL DO TO HELP THE CHILDREN



- We will provide support to pupils who are bullied.
- We will encourage them to talk about how they feel.
- We will help them make choices about how the matter may be resolved.
- We will try to ensure that they feel safe.
- We will ask them to report immediately any further incidents to us.

BULLYING OUTSIDE THE SCHOOL PREMISES

Schools are not responsible for bullying that occurs off the premises but we know that bullying can occur outside the school gates and on journeys to and from school. The bullying may be done by pupils from our own school, by pupils from other schools or by people who are not at school at all. Where a pupil or parent tells us of bullying off the school premises we will:

- Talk to pupils about how to avoid or handle bullying outside of school
- Talk to the Headteacher of another school whose pupils are bullying.
- Talk to the police.



Bullying

Don't Suffer in Silence

Information for Pupils of St. Oswald's Catholic Primary School



If you are being bullied

- *Try to stay calm* and look as confident as you can
- *Be firm and clear* – look them in the eye and tell them to stop
- *Get away* from the situation as quickly as possible
- *Tell an adult* what has happened straight away

After you have been bullied

- *Tell a teacher or another adult* in your school
- *Tell your family*
- *If you are scared* to tell an adult by yourself, ask a friend to come with you.
- *Keep speaking up* until someone listens and does something to stop the bullying
- *Don't blame yourself* for what has happened

When you are talking to an adult about bullying, be clear about

- *What* has happened to you
- *How often* it has happened
- *Who* was involved
- *Who saw* what was happening
- *Where* it happened
- *What* you have done about it already

If you find it difficult to talk to anyone at school or at home, ring



Childline, *Freephone 0800 1111*

Or write, Freepost 1111, London N1 OBR.Or log on to:

<http://www.bbc.co.uk/schools/bullying>

The phone call or letter is *free*. It is a *confidential* helpline.