



Anti - Bullying Policy

This policy is designed to help students, staff and parents understand ;

- *What 'Bullying' means,*
- *The harm that it can cause,*
- *What action to take if you are being bullied or witness it,*
- *How we learn about it,*
- *What actions the school will take **against** bullying,*
- *What actions that the school has in place to **help** those who are bullied*

The policy was written by taking into account the views and opinions of students form Years 7—11, their parents, staff and governors.

What is Bullying?

"Bullying is an intentional action taken by individuals or a group with the intention of hurting, intimidating, isolating or discriminating against someone, causing stress and upset and removing their freedom to feel safe and secure.

It can be verbal, physical, emotional, mental or cyber. It can be a one-off, serious incident or may involve longer term, repetitive, unpleasant actions. It can happen in school, travelling to and from school, during other events or at home.

Some examples of bullying might be....

- Name calling
- Racist remarks
- Making threats
- Spreading rumours
- Unpleasant text messages
- Excluding people from groups
- Teasing
- Sexual harassment (including sexist and homophobic remarks)
- Making comments about people's ability/disability
- Religious/ cultural abuse
- Taking others' belongings
- Taking money
- "Happy Slapping"
- Nasty MSN conversations/unpleasant emails and other internet bullying

***This list was provided by
members of The Gregg School
Council***

**We do not tolerate any bullying of any kind at
The Gregg School**

Why is bullying so serious?

Bullying can cause many problems; serious unhappiness, low self—esteem and can have an impact at home or at school. It can ruin lives and can cause the bullied to feel that they don't want to come to school or undermine their ability to make friends. It may cause a lack of confidence in academic ability and might prevent those people from getting involved with school activities. If it isn't reported bullying might become so serious that it could cause those that are bullied to suffer from more serious emotional or physical effects. Occasionally some people might feel so upset by bullying that it might cause someone to commit suicide.

What should I do if I am being bullied or witness it?



DO

- Tell someone—a teacher, friend or relative or someone you feel comfortable talking to
- Seek support in school from school friends, your tutor, or your subject teacher
- Ignore the bully—walk away
- Look at the bully and tell them to stop
- Practise positive body language—smile and walk tall!
- Practise answers / responses in your head
- Keep a diary of any incidents / issues
- Stay with your friends if you feel uncomfortable, change what you do at lunchtimes or break time
- Join a club or new activity
- Speak to Mrs Guilmant / Mrs Lait



DO NOT

- Blame yourself
- Suffer in Silence
- Feel that you will make things worse by telling someone
- Pre-judge how staff or parents will handle things
- Let the bully see that they have upset you
- Give them your possessions
- Make counter—threats or take revenge
- Involve older brothers or sisters
- Stay away from school/ avoid lessons

WHAT DO WE DO IN SCHOOL?

How do we learn about bullying in school?

- The Anti—Bullying message is in our school diary with some handy advice
- In PSD lessons and Tutor Time from Year 7 onwards
- Drama and English Lessons
- From Prefect Buddies
- Assemblies
- Participation in whole school activities—Anti Bullying Week etc.
- At School Council

What action will school take against bullying?

The school takes an allegation of bullying very seriously. It might result in serious disciplinary action being taken. Serious or repeated incidents might result in exclusion.

The teacher to whom the incident is reported would make some notes about the allegation on the 'incident' form. The teacher would liaise with the Assistant Head Teacher who would deal with the incident firmly but fairly.

Normally the Assistant Headteacher would;

- Ask the person being bullied to write down their own version of events
- Talk to the person being bullied and write notes on the 'Meeting with' form.
- Talk with the alleged bully and write notes on the 'Meeting with' form
- Inform Parents
- Try to resolve the problem
- If the incident was serious the Assistant Headteacher might take disciplinary action
- Monitor the situation
- Decide on further action / sanction / exclusion if necessary
- Provide support for the person being bullied through counselling or mentoring
- Make a note of the incident on the school Bullying Log (CAG)

The school will help those who are bullied by...

- Ensuring they feel supported
- Helping them regain confidence and self—esteem
- Providing good advice and guidance, using external agencies where appropriate.
- Close monitoring of the situation
- Raising awareness through good Anti—Bullying education
- Keeping parents informed and educated via Safeguarding Procedures