



Midsomer Norton Primary School's Anti-Bullying Charter

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.'

(Anti-Bullying Alliance)

- 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

Contents

Front page	2
What is bullying?	2
What we believe	2
Types of bullying	4
Signs and symptoms of bullying	5
Why do people bully?	6
How can we prevent bullying?	7
Helpful procedures to tackle bullying	8
Who can help in school	9
Who can help out of school	9
Useful helplines and websites	10
Approval of Charter	12

What types of bullying are there?

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing - need to consider when 'banter' becomes hurtful)
- 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 camera and video facilities including those on mobiles; trolling)
- Racist (racial taunts, graffiti, gestures)
- Religion / Faith related
- Sexual (unwanted physical contact, sexually abusive comments)
- Sexist (e.g. " you run like a girl")
- Homophobic (because someone is / is thought to be gay or lesbian; or other issues of sexuality)
- Transphobic (because someone has a different gender identity or is thought to have one)
- Biphobic (because someone is, or is thought to be attracted to more than one gender)
- Disablist (because someone has a disability or learning disability)
- Child/Young Person In Care / Young Carer
- Different appearance
- Poverty/wealth
- Mental health issues / General health (e.g. diabetes, HIV)

Signs of Bullying

Sometimes when children or young people get bullied their behaviour may change subtly or obviously and they may behave in one or more of the following ways:

Staff (S) Parents/Carers (P) or Friends (F) could be alerted to these

- Is frightened of walking to or from school or changes route (PF)
- Doesn't want to go on the school / public bus (PF)
- Begs to be driven to school (P)
- Changes their usual routine (PFS)
- Is unwilling to go to school (school phobic) (P)
- Begins to truant (PF)
- Becomes withdrawn, anxious or lacking in confidence (PFS)
- Becomes aggressive, abusive, disruptive or unreasonable (PFS)
- Starts stammering (PFS)
- Threatens or attempts suicide (PFS)
- Threatens or attempts self harm (PFS)
- Threatens or attempts to run away (PFS)
- Cries themselves to sleep at night or has nightmares (P)
- Feels ill in the morning (P)
- Performance in school work begins to drop (PFS)
- Comes home with clothes torn, property damaged or 'missing' (P)
- Asks for money or starts stealing money (PF)
- Has dinner or other monies continually 'lost' (S)
- Has unexplained cuts or bruises (PFS)
- Comes home 'starving' (P)
- Starts bullying others (PFS)
- Changes in eating habits (FP)
- Is frightened to say what is wrong (PFS)
- Afraid to use the internet or mobile phone (PFS)
- Nervous or jumpy when a cyber message is received (PF)
- Gives improbable excuses for their behaviour (PFS)

What causes Bullying?

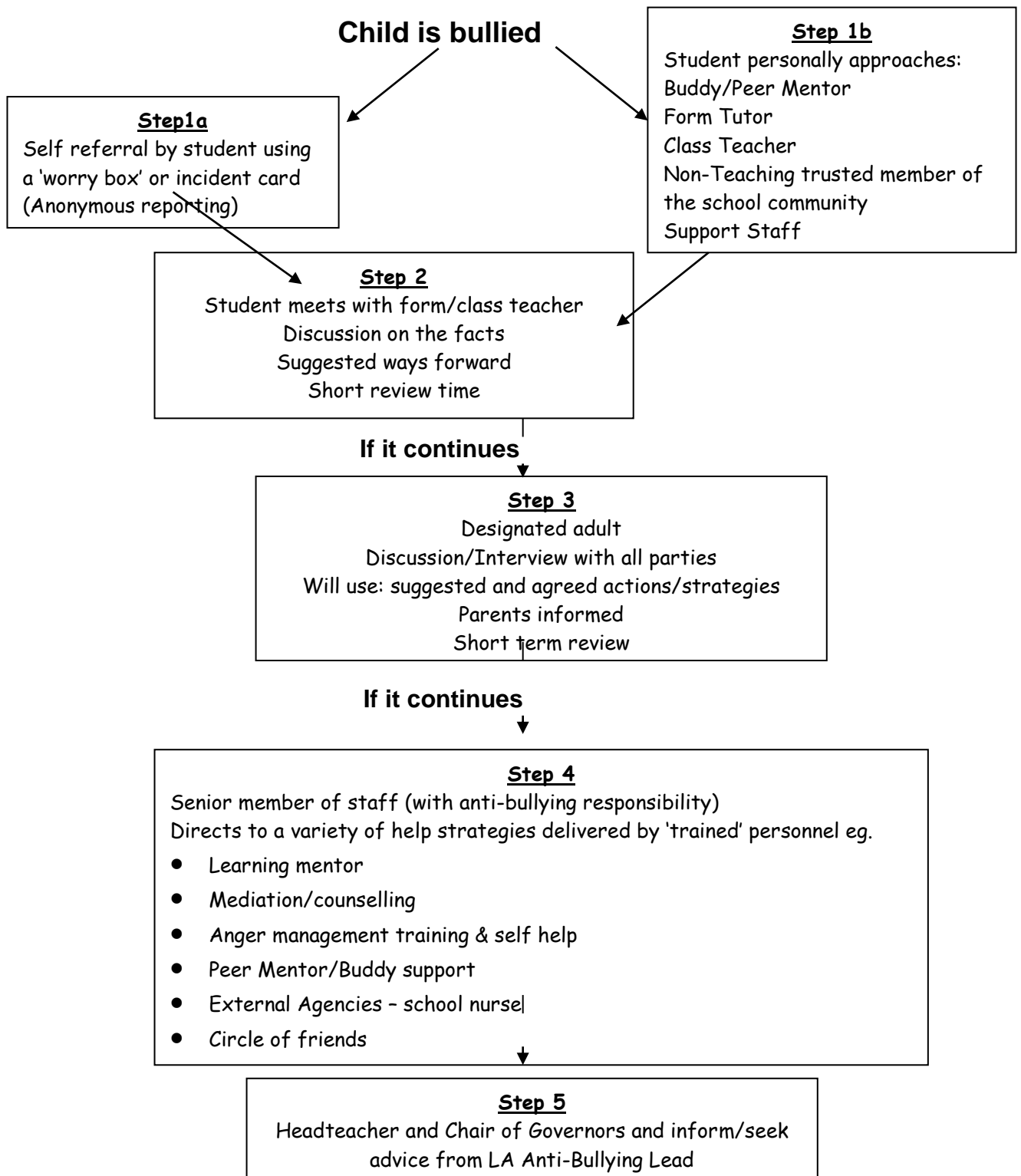
The reasons could be:- (see below but get CYP to come up with their own)

- 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 (e.g. someone who is vulnerable, won't tell anyone, is lonely or different in some way)
- because of their own mental health
- because they have problems / issues of their own
- because of messages in the media
- Parental / family attitudes
- Culture they are surrounded by

How can we prevent Bullying?

- All of us being aware of bullying and agreeing the charter as a school community
- Children feeling able to report bullying e.g. telling an adult, worry boxes, buddies
- Address bullying issues swiftly following the charter
- Champions of Change to address issues in regard to diversity and tolerance through assemblies
- Circle Time and PHCE lessons
- Assemblies
- Anti-bullying week
- Displaying posters around school

Recommended procedures in school for reporting bullying



Who can help in school?

Teachers, TAs, Learning Mentor, SMSAs, friends, Champions of Change

Who can help outside school?

Parents/carers, friends, siblings, other family members, Childline, other organisations (see list at back)

Approval of Charter

- 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 Representatives

_____ Staff Anti-Bullying Lead

_____ Governor Anti-Bullying Lea

_____ Parent Representative/s

_____ Headteacher

Date _____

This Charter has been developed and adopted in consultation with the whole school community