



Anti-Bullying Policy

Autumn 2021

Written in collaboration with Curwen's School Council – December 2021

School statement on bullying

Curwen Primary School is a place where everyone has the right to be themselves and to SHINE. It is a place where everyone should be supported to be successful, feel happy and safe, and be able to learn. Everyone at our school is equal and we expect everyone to act with respect and kindness towards each other. We want our school to be a bully-free zone.

What is bullying?

Bullying is when a person is hurtful or unkind to someone else, on purpose and more than once. Bullying can be done by one person or by a group of people and can be towards one person or a group of people. A useful way to remember bullying is:

SEVERAL TIMES ON PURPOSE (STOP)

Bullying can be:

- Hitting or saying you are going to hit someone
- Touching someone when they don't want you to
- Calling someone names, teasing, using rude language or saying nasty things about someone to them or to other people
- Stealing or damaging someone else's belongings
- Ignoring someone on purpose or leaving them out
- Sending hurtful or unkind texts, emails or online messages to someone or about someone

Bullying can be about:

- Race or ethnicity (racist bullying)
- Religion or belief
- Family and culture
- Gender bullying, which is bullying someone because of their gender, for example, because they are a boy or a girl, or saying they are acting 'like a boy' or 'like a girl'
- Homophobic or biphobic bullying -this is saying unkind or nasty things because someone is lesbian, gay or bisexual, or because you think they are, or because they have two mums or two dads. It is also calling someone lesbian, gay or bisexual on purpose to be unkind or nasty to them, for example 'you're so gay!'
- Transphobic bullying - this is saying unkind things because someone is trans, or because you think they are trans, or being nasty about trans people (someone who feels the gender they are given to them as a baby doesn't match the gender that they feel themselves to be).
- Special educational needs or disability
- What someone looks like
- Where someone lives

If someone is being hurtful or unkind to you **SEVERAL TIMES ON PURPOSE**, for whatever reason, whether it is about you or your family or friends **that is bullying**. No one should be picked on for being different in anyway, for how they act, what they look like or who their family are.

At Curwen, we encourage all children to speak up if something makes them feel unhappy or uncomfortable. It is always OK to say 'no' or to ask someone to **STOP**. If they carry on then make sure you tell an adult who can help you.

Why does bullying happen?

Although bullying doesn't happen very much at this school, it might happen. Bullies can be older or younger than you, bigger or smaller than you. Bullies pick on people who may be different in some way and try to make them feel worse about themselves. If you are being bullied, remember that it is never your fault.

Where and when does bullying happen?

Bullying can happen during school, after school and online.

How do we try to prevent bullying?

All children are encouraged to be confident to say 'no,' 'I don't like it' or '**STOP**' if something someone is doing or saying makes them feel uncomfortable. We try hard to give everyone chance to talk about how they are feeling and to share any problems or worries with an adult that they trust. We want to empower children with the words and courage to stand up to those who hurt them or make them feel uncomfortable. We have PSHE (Personal Social Health Education) lessons and class assemblies to talk about particular issues and ways to deal with these. We celebrate kindness in assembly every week with our Shout-Out Board and Kindness Cup.

Our Student Leaders work hard to prevent bullying. At lunchtimes we have many activities available, and the PE team and Sports Leaders run sporty sessions to help everyone join in. Our HeadStart Champions run 'Chill and Chat' where children can share any problems, and our Peer Mentors help anyone that is feeling sad or lonely in the playground. Our School Council organise events for Anti-Bullying Week to spread the message of the power of kindness. At Curwen we call this 'Kindness Week' to put the focus on being kind and not bullying. We believe that kindness prevents bullying by helping everyone to feel happy, show empathy for each other and spread kind deeds.

What should I do if I think someone is being bullied?

Talk to the person and ask if they are okay and try to find out if they are being bullied. If they are, ask if you can help them talk to a teacher or an adult they trust. It is everyone's responsibility to look after one another.

What if you see someone being bullied?

If you witness bullying and do nothing, you are a bystander. This includes bullying online. We expect all children to challenge bullying at Curwen, so always tell an adult if you see anyone being treated badly. Ignoring bullying is not OK and it is everyone's responsibility to stop bullying by reporting it to a trusted adult.

What should I do if I am being bullied?

If you are being bullied it is important to tell someone you trust, even if this is happening outside of school or online. Tell an adult when at school or your parents when at home. If you have already told an adult about bullying but it has carried on, you should tell them again.

It is really important to speak to someone if you think you are being bullied or someone in school is making you unhappy or uncomfortable. You can:

- Tell a teacher – your class teacher or any other teacher you feel comfortable talking to
- Tell a Peer Mentor / lunchtime supervisor / HeadStart Champion / the Pastoral Team who will be able to help you
- Tell any other adult staff in school that you trust
- Tell an adult at home and ask them to speak to your teacher
- Write a note about the bullying and put it in the worry boxes in class
- Call ChildLine at any time for free on 0800 1111

If you tell a teacher or an adult at school, they will be able to help you. They may tell another adult like your class teacher, or a parent or carer so that they can help you too. Telling an adult will help the bullying to stop. They will talk to you and the bully to find ways to stop the bullying.

How will school help me if I am being bullied?

A member of the Pastoral Team will be available for regular catch-up chats. This is a chance to share any worries or concerns and to talk through ways to deal with these. If you are feeling unhappy in class, you can use the Zones of Regulation to let adults in your class know how you are feeling or put a note in the worry box. At lunchtimes you can speak to our HeadStart Champions at Chill and Chat, or can go to the Restart area to speak to a member of the Pastoral Team.

We will work with you and your parent or carer to help you feel happy and supported in school.

What will happen to a bully at Curwen?

At Curwen we have a Behaviour Policy which explains all of the sanctions. We believe it is important for children to go to Restart and speak to an adult to reflect and consider how their behaviour has made other people feel. If children are bullying, then their parents will always be told. Bullies may receive further sanctions such as missing playtimes or lunchtimes or being banned from after school clubs. If there are fun events in school or sporting competitions, then they may not be allowed to join in with these.