



Highlees Primary School

Anti-Bullying Workshop

2022



Purpose and Aims

- To make parents aware of our anti-bullying policy.
- To explain what we do to prevent bullying from happening.
- To explain what we do about bullying, should it arise.



Polite Request

As we do in our PSHE lessons, please don't use any personal references during this session in order to respect people's privacy.

If you want to discuss anything personally, please speak to a member of staff at the end.



What is bullying?

"Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individuals or groups, either physically or emotionally"

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of difference or a 'perceived' difference. This can be for lots of reasons such as age, disability, gender, race, religion/ belief and sexual orientation.



What is bullying?

Bullying can be:

Physical Bullying: kicking, hitting, taking things, sexual assault

Verbal Bullying: name calling, shouts of abuse, using threatening language

Indirect Bullying: spreading rumours, being excluded from groups, intimidation, writing on walls about someone

Cyber Bullying: nasty text messages, emails, phone calls and through wide use of technology



What is bullying?

Bullying is not when two people have a disagreement or fall out over something. It is usually...



S Several

T Times

O On

P Purpose



What is bullying?

Bullying is NOT

- Accidents
- Falling out with friends.
- Something which only happens one time.
- Fighting.



What are the Signs?

Look for changes in your child:

- Avoiding school
- Appearing frightened of the journey to and from school
- Deterioration in their work
- Anxious, moody, withdrawn, quiet
- Seeming unhappy but refuse to say why
- Complaining of headaches, stomach aches or other illnesses
- Having nightmares or sleeping difficulties
- Arriving home hungry
- Asking for extra money



Have you noticed them coming home with:

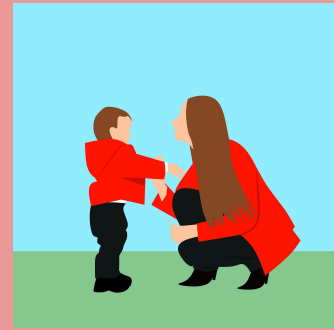
- Torn clothes
- Missing or damaged possessions
- Unexplained cuts/bruises

S Start
T Telling
O Other
P People





How can you help?



- *Give reassurance to your child (this is not their fault)
- *Talk calmly about what is happening (even though you may feel upset yourself)
 - *Listen and take what is said seriously
 - *Makes notes of what has happened (who? what? when? where?)
- *Keep your child involved - it is important that they know what is happening and have a say.
 - *Encourage them to report incidents to a teacher
- *Talk to the school - bullying is not tolerated in our school and we will always take it seriously.



What school will do about bullying.

At Highlees Primary School, all staff will respond calmly and consistently to all allegations and incidents of bullying. They will be taken seriously and dealt with impartially and promptly. All those involved will have the opportunity to be heard. Staff will protect and support all those involved whilst allegations and incidents are investigated and resolved.



The following step by step procedures
will be followed in all cases:

- Initially, staff will listen and speak to all children involved about the incident separately.
 - Appropriate action will be taken quickly to end the bullying behaviour.
 - Appropriate advice will be given to help the victim.
- Staff will reinforce to the bully/ies that their behaviour is unacceptable and they will be given a warning. The bully/ies will be asked to genuinely apologise for what they have done.
- Work will be done with the bully/ies (for example with the learning mentor or in circle times) to help him/her/them understand and change his/her/their behaviour including, investigating the underlying reasons as to why they are bullying.



- In serious cases e.g. when threatening behaviour is involved, parents will be informed and invited into the school to discuss the problem. This meeting will be with the class teacher and/or Head of School and Family Support Worker present.
- After the incident has been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.
- Should the bullying continue the Head of School may make the decision to exclude the child. The parents then have the right to appeal to the Trusts, Governing Body and the Local Authority.
 - Appropriate records will be kept of all incidents.

If you are bullied: -

DO



- Ask them to stop if you are able to.
- Use eye contact and tell them to go away.
- Ignore them.
- Walk away.
- Use the classroom worry box or worry monster if you are too frightened to speak openly about it.
- Talk to a friend.
- TELL SOMEONE and get help straight away.

DON'T



- Get angry or be unkind back to them.
- Hit them or hurt them.
- Think it's your fault.
- Hide it from people.



What should I do if I see someone else being bullied?

- Tell an adult straight away.
- Don't try and get involved - you might end up getting hurt or you could end up in trouble yourself.
- Don't stay silent or the bullying will keep on happening.

All members of staff will work together to: -

- Make our school a place where everyone can feel safe and happy. That means that no bullying is allowed.
- To help everyone to get on with each other as we believe that everyone has the right to be who they are.

REMEMBER! That to have something done about it - someone must know that it is happening.

Highlees Primary School



Child Friendly Anti-Bullying Leaflet

What is Bullying?

A bully is someone who hurts someone else by using behaviour which is meant to hurt, frighten or upset another person. This behaviour is repeated several times on purpose.

Bullying is NOT

- Accidents
- Falling out with friends.
- Something which only happens one time.
- Fighting.

Bullying can be...

Emotional: Hurting people's feelings, leaving you out.

Physical: Punching, hitting, kicking, spitting, pushing.

Verbal: Being teased, name calling, 'banter'.

Cyber: Saying or doing mean things online.

Racist: Calling you names because of the colour of your skin.

Through a third person: Sending someone else to deliver an unkind message.

When is it Bullying?

Several
Times
On
Purpose

We promise to
always take bullying
seriously.

When does it happen?

Bullying usually happens when somebody else is different to you or jealous of you.

Signs To Help

Look out for our helpful signs around school to help you know what to do about Bullying.

Who Can I Tell?



MOST IMPORTANTLY:-

If you are being bullied, you MUST

Start
Telling
Other
People

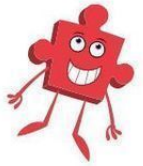




The Jigsaw Puzzles (units)



1. Being Me In My World
2. Celebrating Difference
3. Dreams and Goals
4. Healthy Me
5. Relationships
6. Changing Me



Identifying talents
Being special
Families
Where we live
Making friends
Standing up for yourself

EYFS

Year 1

Similarities and differences
Understanding bullying and knowing how to deal with it
Making new friends
Celebrating the differences in everyone

Assumptions and stereotypes about gender
Understanding bullying
Standing up for self and others
Making new friends
Gender diversity
Celebrating difference and remaining friends

Year 2

Families and their differences
Family conflict and how to manage it (child-centred)
Witnessing bullying and how to solve it
Recognising how words can be hurtful
Giving and receiving compliments

Year 3

Challenging assumptions
Judging by appearance
Accepting self and others
Understanding influences
Understanding bullying
Problem-solving
Identifying how special and unique everyone is
First impressions

Year 4

Cultural differences and how they can cause conflict
Racism
Rumours and name-calling
Types of bullying
Material wealth and happiness
Enjoying and respecting other cultures

Year 5

Perceptions of normality
Understanding disability
Power struggles
Understanding bullying
Inclusion/exclusion
Differences as conflict, difference as celebration
Empathy

Year 6

Now please feel free to have a look at the resources, activities and examples of previous work our children have done.