



THE CATHEDRAL SCHOOL  
OF ST. SAVIOUR AND ST. MARY OVERIE

# ANTI BULLYING POLICY

## **ANTI BULLYING POLICY**

**“Education must develop every child’s personality, talents, and abilities to the full. It must encourage the child’s respect for human rights...” (United Nations Convention on the Rights of the Child Article 29)**

**“Every child has the right to relax, play and join in a wide range of cultural and artistic activities.” (UNCRC Article 31)**

**Cathedral School, as a community which defines itself as Christian and which subscribes to the United Nations Convention on the Rights of the Child, recognizes the existence of bullying and is proactive in dealing with it effectively.**

### **Definition**

Bullying can be described as being 'a deliberate act done to cause distress solely in order to give a feeling of power, status or other gratification to the bully. It can range from ostracising, name-calling, teasing, threats and extortion, through to physical assault on persons and/or their property. It can be an unresolved single frightening incident which casts a shadow over a child's life, or a series of such incidents.'

At Cathedral School staff, parents and children work together to create a safe, caring, learning environment. Bullying, either verbal, physical or indirect will not be tolerated. It is everyone's responsibility to aim to prevent occurrences of bullying and to deal with any incidents quickly and effectively. Research has shown time and time again that the extent of bullying in schools is greatly underestimated.

Consequently, the governors have approved this policy.

Bullying can be brought to the attention of staff either by the target(s), their friend(s), their parent(s) or other interested people.

### **Strategies for identifying bullying**

The following is a list of actions available to staff depending on the perceived seriousness of the situation. The emphasis is always on a caring, listening approach as bullies are often targets of bullying too – that is why they bully.

- Discussions at length with the target. This will require patience and understanding. Remember – Listen, believe, act
- Identify the bully/bullies. Obtain witnesses if possible. Advise the Headteacher
- Discussions with the bully. Confront them with the details and ask them to tell the truth about the situation/incident. Make it clear that bullying is not acceptable at Cathedral School.
- If they own up then follow the procedure outlined below and in the Discipline Policy

- If they do not own up, investigate further. Children usually own up if presented with all the facts
- Separate discussions with parents of bully and the target
- Sanctions for the bully may include withdrawal from favoured activities, loss of playtimes, exclusion from school during lunchtimes, after school detention, exclusion from school, depending on the perceived severity of the incident(s)
- Continue monitoring the situation by observing at playtimes/lunchtimes and having discussions with victim to ensure no repetition
- As the behaviour of the bully improves, then favoured activities etc. can be reinstated, and the child should be praised for good behaviour. This will rebuild the child's self-esteem, which may have been damaged after being caught bullying, or could have been low anyway, hence the bullying

### **Strategies for dealing with bullying**

In order to identify incidents of bullying and the identities of bullies, at Cathedral School we have agreed to carry out the following strategies:

- All staff watch for early signs of distress in pupils
- Use class incident book to record concerns and show the book to the Headteacher
- All staff listen, believe, act
- PSHE sessions develop strategies for dealing with bullying
- Nurture room sessions support pupils who have been the target of bully or have been the instigator of bullying behaviour

### **Cyber-bullying**

At Cathedral Primary School, we take this bullying as seriously as all other types of bullying and will deal with each situation individually and in accordance with the anti-bullying policy.

There are many types of cyber-bullying. Although there may be some of which we are unaware, here are the more common:

1. Text messages —that are threatening or cause discomfort - also included here is "Bluejacking" (the sending of anonymous text messages over short distances using "Bluetooth" wireless technology)
2. Picture/video-clips via mobile phone cameras - images sent to others to make the victim feel threatened or embarrassed
3. Mobile phone calls — silent calls or abusive messages; or stealing the victim's phone and using it to harass others, to make them believe the victim is responsible
4. Emails — threatening or bullying emails, often sent using a pseudonym or somebody else's name
5. Chatroom bullying — menacing or upsetting responses to children or young people when they are in web-based chatroom

6. Instant messaging (IM) — unpleasant messages sent while children conduct real-time conversations online
7. Bullying via websites — use of defamatory blogs, personal websites and online personal “own web space” sites

In school, our pupils are taught how to:

- Understand how to use these technologies safely and know about the risks and consequences of misusing them
- Know what to do if they or someone they know are being cyber bullied
- Report any problems with cyber bullying. If they do have a problem, they can talk to the school, parents, the police, the mobile network (for phone) or the Internet Service Provider (ISP) to do something about it

Cathedral Primary School has:

- An Acceptable Use Policy that includes clear statements about e-communications
- Information for parents on: E-communication standards and practices in schools, what to do if problems arise and what is being taught in the curriculum
- Support for parents and pupils if cyber bullying occurs by: assessing the harm caused, identifying those involved, taking steps to repair harm and to prevent recurrence

In addition to the above, please see Cathedral School E-Safety Policy