



Cottesmore St Mary Catholic
Primary School

Children's Anti-Bullying Guide



Children and adults at Cottesmore St Mary Primary School regularly spend time discussing bullying.

Although incidents of bullying at the school are rare, we needed to make sure that we were all clear what bullying is and what we should do about it when it happens.

We want to keep Cottesmore St Mary School a



What is bullying?



All the children in the school have discussed with their teachers what they thought 'bullying' was. All the ideas were collected together and we have decided upon a children's definition:

Bullying happens over and over again and it is done on purpose by someone or some people who are stronger.

Our school definition is :

Several Times On Purpose

A child may be hurt or upset by another child or children but this only becomes 'bullying' when this is deliberately repeated.

What forms can bullying take?

"Sticks and stones can break my bones; but words will never harm me"

We believe that the words to this rhyme are **wrong** and that bullying can take many forms.



Bullying can be:

- Name-calling / put-downs
- Deliberately leaving someone out
- Taking friends away from someone
- Telling other people not to be friends with someone
- Stealing things from someone
- Spreading false rumours about someone
- Hitting; pinching; hair-pulling, tripping up, pushing etc
- Taking someone's things or demanding to have them
- Damaging someone's possessions
- Making threats
- Making negative remarks about a person's culture, religion or skin colour
- Saying negative things about someone's looks / body
- Making negative remarks about disability or physical condition
- Picking on something that is different: clothes; accent; being poor or rich; being clever; not

being able to do something;
wearing glasses; type of family;
being shy ... (we decided anything
could be picked on as we are all
different in some way)

- Sexist: picking on people because they act differently to the way a bully thinks boys and girls should act (eg a boy playing skipping; a girl having a very short haircut)
- Homophobic: using words like 'gay' or 'lesbian' in a negative way
- Making nasty phone calls; sending nasty e-mails or text messages

There are others - if someone keeps deliberately making you feel unsafe - this is bullying!



Relational Aggression

At school, we use assemblies and lessons as well as pupil focus groups to explore relationally aggressive behaviours.

Here are some common examples of relational aggression behaviours in children.

- Direct control by threatening to end a friendship unless a peer complies with a request.
- Social alienation by giving someone the silent treatment.
- Peer rejection from a group or damage in social standing by spreading rumours or lies about them.
- Social exclusion by leaving out a peer from play or social groups.

Relational aggression

- Alliance building - taking sides
- Getting involved
- Rejecting or excluding
- Spreading rumors
- Eye rolling/unkind looks
- Ignoring
- Teasing / giggling
- Taunting
- Cyberbullying
- Public humiliation
- Whispering
- Saving seats
- Manipulative affection
- Writing notes/letters
- Spying
- Dictators
- Not calling children 'snitches' when they have told a teacher something



Why do bullies bully?

- We decided that bullies might bully because they want attention, are jealous or unhappy.
- Bullies may have low self-esteem (feel bad about themselves).
- We know that both boys and girls can be bullies. All bullies do not need to be big and strong but all bullies have power over other children.
- We think bullies need help.

Who are victims?

We decided that it is very difficult to decide who

may become a 'victim'. Victims are always hurt

but victims are not easy to spot.

Victims may be

shy, quiet, confident, loud, boys or girls. Bullies

often pick on someone who is

'different' in some

way. However, there is something

'different'

about all of us so perhaps anyone

could become a

victim of bullying.

Where does bullying happen?

Bullying is most likely to take place in

quiet places away from adult eyes.

This could be in the toilets, after school, before school, in the park. Bullying can take place in crowded places too.



Dealing with Bullying

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

If you see someone being bullied, you have a responsibility to help them - even if he or she is not a friend of yours. We encourage all children to be UPSTANDERS.

The person being bullied may be too shy or frightened to do something for his or her self. We must all help each other.

You could:

- Go and talk to the child
- Tell one of the five people on your Helping Hand
- Tell a Playground Buddy - they will help you
- Tell a School Councillor - they will help you

- Tell your class teacher, classroom assistant or lunchtime assistant - he or she will always find time to listen to you
- Tell Mrs Breen or Mrs McLoughlin. They will always find time to listen and will take you seriously.

What should I do if I am being bullied?

If you feel that you are being bullied, you need not suffer in silence. Telling someone about it will NOT make the problem get worse and it WILL make the problem go away. You could:

- Tell a friend and ask them to help you tell
- Tell a Playground Buddy - they will help you to tell

- Tell a School Councillor - they will help you to tell
- Tell your class teacher, a classroom assistant or a lunchtime supervisor - he or she will always listen and will take you seriously
- Tell Mrs Breen or Mrs McLoughlin. - they will always find time to listen and will take you seriously
- Tell your parents or carers:
together you could decide how you will let adults at school know



What will happen after the bullying is reported?

Bullying is a serious matter and it will be treated seriously!

Mrs Breen or Mrs McLoughlin deal with any bullying problems.

When you have told someone, they will tell Mrs Breen or Mrs McLoughlin who will then become responsible for sorting the problem out.

Mrs Breen or Mrs McLoughlin will talk to all the children involved and find out what the problem is and decide upon a way to solve the problem.

There are many ways to solve these problems but the best way to solve the problem will be found.

Mrs Breen or Mrs McLoughlin will also talk to the parents / carers of all the

children involved so that everyone knows what the problem is and how it is going to be solved.

Mrs Breen and Mrs McLoughlin will monitor the problem. This means that they will make sure the problem does not continue. If you have been a victim of bullying, they will come and see you to make sure everything is better. They will make sure you are safe and that the problem has gone away. Mrs Breen and Mrs McLoughlin will also monitor the bully and make sure his or her behaviour has changed.



Your Rights!

- You have a right to be who you are
- You have a right to not be 'put down'
- You have a right to feel safe and
secure
- You have a right to be taken
seriously and listened to
- You have a right to be protected
from any harm

You are as important as anyone else and you have a right to feel valued and supported.

Cottesmore St Mary School will work hard to make sure that this is so.

Please tell someone if there is a problem - help will be given to you!

Anti-bullying Week

Remember, we celebrate Anti-Bullying Week every November. This is a week when we recap on what bullying is and what different forms it can take and practise skills that can help you either if you are bullied or if you are a bystander.

Safe At School Survey

We also ask the children in Years 4, 5 and 6 to take part in the Safe at School Survey. This survey allows you to report your experiences of bullying at school. We look very closely at the results and they help us to plan what to do to take a stand against bullying.

Peaceful Problem Solving (PPS)

PPS is a school-wide code of behaviour aimed at dealing with the management and fair resolution of conflict. It involves the children in talking through their conflicts and associated feelings with the use of a mediator. It is applied around the school and in the playground. All staff are taught the steps involved in PPS and how to use them to tackle conflict situations.



Useful Contacts

If you feel that you cannot confide in anyone at school or at home, here are some other ways you can get help.

- CHILDLINE 0800 1111
- (CHILDLINE is free and open 24 hours a day, 7 days a week - someone will listen to you and try to help or give advice)
- www.bullying.co.uk (A website which may be helpful)



