

# **Bath & North East Somerset Anti-Bullying Charter**

# This charter will be sent to schools in B&NES so that they can :-

# Involve pupils, staff and governors

# “Customise” it to develop their own school charter

# Consult with the whole school community to have a clear understanding of types of bullying , reasons for bullying , responses to bullying and where to get support in and out of school

* Add their own design and pictures
* Share ideas about what works in their school

School’s Anti-Bullying Charter

(Sample front cover)

………………………………………………………………… School

Picture / Drawing

**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

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**What types of bullying are there?**

* Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
* Verbal (name calling, sarcasm, spreading rumours, teasing)
* 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 associated technology ie: camera and

video facilities including those on mobile phones.

Because people are seen to be different, for example :-

* Racist (racial taunts, graffiti, gestures)
* Sexual (unwanted physical contact, sexually abusive comments)
* Homophobic (because someone is / is thought to be gay or lesbian ; or other issues of sexuality )
* Disablist (because someone has a disability)
* Child / Young Person In Care
* Young carer
* Different appearance

**What are the signs and symptoms of bullying?**

It could be :- (see below but get CYP (Children & Young People) in the school to come up with their own signs)

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* Becomes withdrawn, anxious or lacking in confidence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

# **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 (small, won’t tell anyone, lonely or different in some way)

**How can we prevent Bullying?(CYP to come up with helpful actions)**

picture

**RECOMMENDED PROCEDURES IN SCHOOL FOR REPORTING BULLYING**

**PATHWAYS OF HELP**

(All schools will have their own referral procedures)

**Child is bullied**

**Step 1b**

Student personally approaches:

Buddy/Peer Mentor

Form Tutor

Class Teacher

Non Teaching trusted member of the school community

Support Staff

Step1a

Self referral by student using a ‘worry box’ or incident card

Step 2

Student meets with form/class teacher

Discussion on the facts

Suggested ways forward

Short review time

**If continues**

Step 3

Designated adult

Discussion/Interview with all parties

Will use: suggested and agreed actions/strategies

Parents informed

Short term review

**If continues**

Step 4

Senior member of staff (with anti-bullying responsibility)

Directs to a variety of help strategies delivered by ‘trained’ personnel eg.

* Restorative justice
* Mediation/counselling
* Anger management training & self help
* Peer Mentor/Buddy support
* External Agencies – Connexions
* Circle of friends

**If continues**

Step 5

Headteacher and Chair of Governors and inform/seek advice from LA Anti-Bullying Lead

## Who can help in school ?(Get CYP to find out )

**Who can help outside school (as above but to include the organisations below )**

The Bath and North East Somerset **Family Information Service** offers impartial information about **local** services and organisations that deal with issues around bullying and harassment and other family issues. For more information contact:

**Family Information Service**

**Helpline: 0800 073 1214 (during office hours)**

**Text: 07980 998906**

**Website:** [**www.bathnes.gov.uk/fis**](http://www.bathnes.gov.uk/fis)

**Email:** [**fis@bathnes.gov.uk**](mailto:fis@bathnes.gov.uk)

Here are a few national helplines that are also available.

### **Anti-bullying Alliance** - the alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues

### [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### **Kidscape**

www.kidscape.org.uk

02077303300

## Childline – advice and stories from children who have survived bullying

08000 1111

## Bullying on line

[www.bullying.co.uk](http://www.bullying.co.uk)

## Family Lives – advice and links for parents <http://familylives.org.uk/>

0808 800 2222

## Parents Against Bullying

01928 576152

##### Useful sources of information

**Stonewall** - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. [www.stonewall.org.uk](http://www.stonewall.org.uk/).

**Cyberbullying.org** - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyberbullying. A Canadian based site [www.cyberbullying.org](http://www.cyberbullying.org)

**Chatdanger** - a website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting [www.chatdanger.com](http://www.chatdanger.com)

**Think U Know** - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary schools [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Know IT All for Parents** – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement [www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)

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## Bullying on line

[www.bullying.co.uk](http://www.bullying.co.uk)

## Parentline Plus – advice and links for parents [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

08088002222

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***Approval of Charter***

(Get pupils , staff , parents to come up with their own statements , as below)

🞏 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 Representative Year 1

\_\_\_\_\_\_\_\_\_\_\_ Pupil Representative Year 2

\_\_\_\_\_\_\_\_\_\_\_ Pupil Representative Year 3 etc.,

\_\_\_\_\_\_\_\_\_\_\_ Staff Anti-Bullying Lead

\_\_\_\_\_\_\_\_\_\_\_ Governor Anti-Bullying Lead

\_\_\_\_\_\_\_\_\_\_\_ Parent Representative /s

\_\_\_\_\_\_\_\_\_\_\_ Headteacher

**Date** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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