



## Anti-Bullying Policy

### Objectives

At Cayton School, we want to make sure everyone feels welcome, happy and safe.

This policy makes sure that everyone connected with our school knows:

- What bullying is
- How and why they should react if they suspect bullying
- How we respond as a school
- The desired outcomes.

**Bullying of any kind goes against everything we state in our 'School Mission Statement' and will not be tolerated.**

### What is bullying?

- Bullying is behaviour which deliberately makes another person feel uncomfortable, distressed or threatened.
- Bullying is repeated over time.
- Bullying makes those being bullied feel powerless to defend themselves.

### Why are we against bullying?

- Bullying hurts!
- Everybody has the right to be treated with respect.
- Everybody has the right to feel happy and safe.
- No-one deserves to be a victim of bullying.
- Bullies need to learn different ways of behaving.

### Different types of bullying

- **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** (Misuse of the internet, mobile phones or cameras to bully).
- **Racist** (racial taunts, graffiti, gestures).
- **Sexual / sexist** (unwanted physical contact, sexually abusive comments).
- **Homophobic / Transgender** (because of, or focussing on the issue of gender / sexuality).

- **Special Educational Needs and / or disabilities** (focussing on differences and specific needs).
- **Prejudice Based** (a result of prejudice that relates to perceived or actual differences).
- **Discriminatory** (treating a person badly or unfairly on account of a personal characteristic, such as national, ethnic or social origin, gender, language, religion, disability or sexual orientation).

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

There are many signs or behaviours that indicate someone is being bullied. Generally speaking, parents and school staff may notice persistent signs of anxiety that are not the norm for the person concerned. They may appear as:-

- Reluctance to attend or travel to school.
- Change to sleep patterns.
- Change to eating habits.
- Mysterious 'stomach pains'.
- Unusually withdrawn or unusually aggressive.
- Unexplained missing or damaged clothes or property.
- Hiding or unexplained cuts or bruises.
- Afraid to use the internet, email or mobile phone.

### **What causes bullying?**

People bully for different reasons.  
The reasons could be:

- To feel powerful, in control
- Jealousy
- To feel good about themselves
- Because they want something (attention, possession or friends)
- To look good in front of other people, feel popular, be big/clever
- Because of peer pressure
- 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)

### **Prevention**

- All staff have a 'It Could Happen Here' ethos
- The i-compute computing curriculum focusses on online safety during the Autumn Term and continues to be taught throughout the year.

- All children as part of PSHE and school assemblies have been educated on the different types of bullying and ways to help themselves and others. This includes cyber bullying, prejudice based bullying and discriminatory bullying.
- Prejudice and discrimination awareness is taught through the PSHE curriculum, RE curriculum, British Values activities, School Council agendas and also raised in a range of books that are rich in diversity.
- The school rules encourage everyone to care for others as well as themselves.
- Children are regularly reminded of the importance of not keeping quiet and to 'tell someone'.
- All adults are aware of their role by being approachable and taking concerns seriously.
- Bullying is regularly discussed and acknowledged though school life.
- Children working with and supported by our Pastoral Support teacher.

### **Support Agencies**

**Anti-bullying Alliance** – the Alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their work 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](http://www.kidscape.org.uk)

02077 303300

**Childline** – advice and experiences from children who have survived bullying  
08000 1111

#### **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)

08088 002222

#### **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)

**Know IT All for Parents** – a range of resources for primary and secondary schools by Childnet International. Has a sample family agreement.

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