

Poole Grammar School



Harrassment & Bullying - Summary guidelines for students





What is bullying?

Most definitions of bullying have 3 things in common, this includes but is not limited to:

- deliberately hurtful behaviour
- repeated actions
- situations where it is difficult for those being bullied to defend themselves.

Taking Positive Action

The School is committed to ensuring a learning environment in which individuals are safe and respected and to creating a community which is free from harassment and bullying.

Examples of unacceptable behaviours include:

- verbal or written abuse
- deliberate and/or inappropriate exclusion from events/activities/groups
- inappropriate and derogatory remarks in connection with a student's contribution in class or performance on the games field.
- name-calling and insults and in particular any abusive use of homophobic language (eg gay, gay boy, poof)
- spreading unpleasant rumours about someone
- threats of a physical or psychological nature
- kicking, hitting, pushing someone
- taking and/or damaging someone's belongings
- victimisation because of someone's gender, race, disability, sexual orientation, age, religion or other beliefs
- bullying behaviour or language that intimidates or causes fear or distress to others
- incitement of others to bully
- abuse of power by someone in authority
- bullying by a student towards a member of staff
- racial harassment – including racist jokes or graffiti

Use of modern technology

'Cyber-bullying', which includes:

- bullying by texts or calls on mobile phones
- taking and use of photos / video-clips from mobile phone cameras to cause distress or humiliation
- sending abusive emails or hi-jacking email accounts
- making threatening, abusive or humiliating remarks in chat-rooms
- bullying through instant messaging
- posting insulting or humiliating material on social networking websites



Cyber-bullying advice

All of the above apply, but in addition

- Do not answer abusive texts or emails, but save them and report them
- Do not give out personal details
- Never reply to someone you do not know
- Stay in the public areas of chat rooms.



The School will address these matters with all due seriousness and contact parents. In certain instances where appropriate incidents will be referred to the police Safe Schools and Communities team with whom we work on a regular basis to inform young people about the dangers of misuse of technology.

What can I do if I feel I am being bullied?

If at all possible you should make it clear to the person or persons who are behaving badly that such behaviour is unacceptable to you. Sometimes people are not aware that the behaviour is unwelcome and speaking to them can lead to greater understanding and an agreement that the behaviour will cease.

If this is not successful, it's best to tell someone so that you can get some help. **Don't suffer in silence**; bullying won't go away on its own and it may get worse.

- Tell someone you trust – your tutor, a subject teacher, a peer mediator, parent or friend
- Use the confidential email by clicking on the bullying icon on the Moodle homepage

Here are some other things you might want to think about:

- keep a record or diary of incidents
- stay away from the bullies or stay with a group of other students when you don't feel safe.



Travelling on the School Bus

Safety is very important so any thoughtless unruly behaviour will normally lead to a ban. Bullying on the bus will in addition have consequences in school. If you receive any unacceptable behaviour from others on the bus or see this happening to others, report it via Moodle or directly to Mr McDonald, Mrs Chipping or your Head of Year.

Who is responsible for preventing bullying?

All members of the school community are responsible for ensuring that individuals do not suffer bullying and that victims are supported by staff and their peers. If you see someone being bullied, you have a responsibility to tell any of the staff above.

All students and staff are encouraged to reflect on their own behaviour towards others.



What happens when bullying is reported?

All incidents of bullying will be treated seriously, and investigated. Appropriate action will then follow. Mediation is an effective way of dealing with some incidents. A group of pupils have been trained by the Safer Schools team in using restorative justice to help resolve issues between individuals. Other approaches, such as circle of friends, the 'no blame' approach and buddying may also be used. There may also be the need where these approaches are not effective or appropriate, to deal with perpetrators using the school disciplinary structures and in accordance with the bullying policy.

The following disciplinary steps will be taken as appropriate (with more serious sanctions for repeated offences):

- formal warning given and parents contacted
- parents invited in to school
- withdrawal of permission to bring mobile phone to school (if bullying involves misuse of mobile phone)
- ban from school bus (if bullying behaviour takes place on the school bus)
- ban from school computer facilities (if bullying involves breaking the ICT code of practice)
- detention or isolation – at lunchtime or after school
- internal isolation, that is withdrawal from lessons

- fixed term exclusion from school
- permanent exclusion.

NB Incidents of racist bullying and any exclusions will be reported to the local authority.

SOURCES OF ADVICE AND SUPPORT

School based - see Tutor, Year Head, Mr McDonald, Mrs Chipping, Mrs Myers, Miss Wilson, Mrs Ball, Mrs Elliott, Mr Baker or any other appropriate adult who will take details of any incident. Action will then be taken to resolve it in such a way that victims of bullying are supported and that unacceptable behaviour towards them stops.

The School anti-bullying group meets regularly and is open to all members of the School community. Contact Mr McDonald if you are interested in coming along.

IF IN DOUBT, PRESS THE MOODLE BUTTON!



Useful websites:

www.kidscape.org.uk/

www.childline.org.uk/bullying

www.bullying.co.uk

www.nspcc.org.uk/

www.antibullying.net/cyberbullying1.htm

<http://www.childnet.com/>

<http://www.thinkuknow.co.uk/>

USEFUL TELEPHONE NUMBERS

Childline	0800 1111
Kidscape	08451 205204
NSPCC helpline for adults	0808 8005000

