

See it, Say it,
Stop it!

We listen, we
support, we
take action!



YSGOL
EMMANUEL

ANTI-BULLYING POLICY

At Ysgol Emmanuel we are committed to providing a caring, friendly and safe environment for all our pupils so they can learn in a calm and secure atmosphere. We want all our children to feel safe and to learn, grow and achieve. Bullying is anti-social behaviour and affects everyone; it is unacceptable and will not be tolerated. If bullying does occur, all pupils should be able to talk in confidence, knowing that incidents will be dealt with promptly and effectively.

We are a LISTENING school – anyone who knows that bullying is happening is encouraged to tell someone.

What is bullying?

- A bully is a person who makes life hard for others by *deliberately* picking on them for no reason.
- Bullying can be done by one person or by a group. It usually happens again and again. It's meant to hurt others or make them feel upset.
- This happens not just once, but many times.
- It can be hitting, hair pulling and other things that hurt the body.
- It can be spreading rumours, name-calling or threats that hurt you inside and make you afraid. Bullying is nasty.
- People will get hurt if there is a bully around.
- Bullying someone online, or on their computer.

It can be:

Emotional bullying – excluding, tormenting, hiding belongings, being unfriendly, giving someone the 'silent' treatment, threatening, ignoring someone as they come into the room.

Verbal bullying – including name calling, teasing, using nicknames, taunting or threatening, spreading rumours or may be of a different racial, sexual or cultural background.

Physical bullying – pushing, kicking, hitting, pinching or any use of violence.

Cyber bullying – use of any form of technology, social networks, instant messaging to include emotional or verbal bullying.

Why is bullying bad?

Bullying hurts lots of different people:

- The person doing the bullying
They can feel angry, lose their friends and do badly at school.
- The person who is bullied
They can feel scared and lonely and start to think it is all their fault.
- People who see the bullying but don't join in
They can feel sad about not helping and worry the bullying might happen to them.

All these people need help

All Ysgol Emmanuel staff must be alert to signs of bullying and act promptly and firmly against it in accordance with school policy.

It is a child's right to:



We must uphold and protect everyone's rights.

What do we do to prevent bullying?

- We have worked together to ensure that all staff, governors, pupils and parents have an understanding of bullying.
- We make sure that every pupil knows that we do not tolerate bullying.
- We use every opportunity possible to talk to the children about appropriate ways of behaving towards each other – PSE, circle time.
- We deal immediately with any complaints and deal firmly with anyone using bullying behaviour.
- We are aware of those who have been bullied and keep in contact with their parents.
- We have sessions with the Police Liaison Officer.
- Pupils participate in Cyber bullying assemblies.
- There is a worry box in school.
- Playground buddies are appointed and trained.
- The school council discusses bullying on a regular basis.

How do we deal with bullying?

- We ask that all bullying incidents are reported to staff.
- We expect the bullying behaviour and threats of bullying to stop immediately.
- We will encourage the bully to offer an apology.
- We will try where possible to reconcile the pupils.
- We will try to help understand what the 'individual' feels like and so through empathy eradicate the situation.
- We will where appropriate enforce sanctions against the bully.
- We will attempt to help the bully to change his or her behaviour.
- We ask parents to come into school to discuss the incident if it is serious.
- We will contact the 'individual's' parents regarding the outcome of the investigation.
- We will in the most serious cases consider exclusion – including lunchtime exclusion.
- Pupils who have been bullied will be offered support and steps will be taken to restore their self-esteem and confidence.
- We will if necessary and if appropriate involve the police.

What can a pupil do if he or she is being bullied?

- Remember it is not your fault that you are being bullied.
- Tell someone you trust like your parents, your teacher or a buddy.
- Try to ignore the person who is bullying you.
- Use the worry box.

What can parents do to help?

- Inform the school immediately if you feel that your child is being bullied.
- Don't encourage your child to hit back. It could make matters worse.
- Encourage your child to tell the teacher.

It is important to uphold and protect our rights with mutual respect and understanding

Presented to staff	October 2021	Signed
Presented to School Council	October 2021	Signed
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Next Review	September 2025	