



## Anti-Bullying Policy

Update Autumn 2023

This policy was created with the children at Thorpe School. We want everyone to feel safe at school and this policy will help you know what to do if you are being bullied. There is no place for bullying in our school.

### Aims

Our aim for this policy is that everyone:

- knows how to report bullying and get help
- knows that the school will deal with bullies
- will feel comfortable with plans that are put in place
- knows that steps will be taken to help us feel safe again
- is helped to rebuild confidence and resilience
- knows how to get support from others
- is happy at school.

### Definitions

Bullying is different from teasing or falling out with friends. If you are being teased or fall out with your friends you may still need to get help from an adult. Think about whether it is a Fish or a Whale problem?

Bullying is usually when:

- There is a deliberate intention to hurt or humiliate.
- The bully may be bigger or older (power imbalance) and the victim doesn't feel able to defend themselves.
- It is usually persistent

*Friendship fall outs are seen as accidental, occasional, no power imbalance or hierarchy, those involved show remorse and want to resolve the situation – this is different to isolating or excluding children from groups*

### What does bullying look like?

Bullying can include:

- cyber bullying - inappropriate text messaging and e mailing; sending or demanding offensive or degrading imagery by mobile technologies or via the internet (even if it's at home you can still tell your teachers)
- name calling & teasing
- making offensive comments
- physical assault
- taking or damaging belongings
- gossiping and spreading hurtful and untruthful rumours
- excluding people from groups
- calling people names because of how they look or their differences
- controlling behaviour or intimidation

### How to get help?

- Let a teacher know what's been going on and how you feel
- Teachers get children together to say sorry and work out a plan
- Teacher will create an Anti-bullying (Kindness plan)
- In the playground; School Council supports when needed and reports to adults.

### How we teach everyone about Anti-bullying?

- In the class; Group work during PSHE
  - Whole school; National Anti-Bullying week in February, Circle Time, Assemblies
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