



## St Hugh's School

### Parent Friendly Policy

#### Anti Bullying Policy

Everyone has the right to feel welcome, secure, safe and happy

We will treat everyone with consideration

Bullying of any kind is unacceptable in our school

No one has the right to make you feel worried

At St Hugh's we are committed to providing a caring friendly and safe environment for all our students so that they can learn in a relaxed and secure atmosphere. Bullying of any kind will not be tolerated at our school. If bullying does occur, all students should be able to tell an adult and know that the incident will be dealt with promptly and effectively. Anyone who knows of any bullying that is going on is encouraged and expected to tell staff.

#### What is Bullying

Bullying is behaviour by an individual or group repeated over time that intentionally hurts another individual or group of individuals either physically or emotionally.

Bullying can take many forms, cyber bullying via text messages or on the internet, prejudice against race, religion, gender, sexual orientation, physical or emotional.

## Signs/symptoms of Bullying

A child may indicate by signs or behaviour that he/she is being bullied. All adults should be aware of these possible signs and discuss any concerns with the child.

Child is frightened of walking to/from school

Child does not want to go on school/public bus

Changes their usual routine

Child is unwilling to go to school/ truancy/feels ill regularly

Child becomes withdrawn, anxious or lacking in confidence

Child starts stammering

Child threatens suicide or to run away

Child cries him/herself to sleep at night or has nightmares

Performance at school begins to drop

Child has unexplained cuts or bruises

Child becomes aggressive, abusive, disruptive or unreasonable (which is normally out of character)

Child is afraid of using internet or mobile or will not go on them if a parent is in the room or is nervous or jumpy when adults mention messages on mobiles or computer

## What St Hugh's do to prevent bullying

As a school we encourage students to take responsibility for their own actions towards others. We do not dismiss the seriousness of their actions by 'we were only .... or it was only a joke' .

Reinforce through teaching groups and smaller groups that aggressive, violent or cruel behaviour is not acceptable, we always challenge students regarding inappropriate behaviours towards others.

We also use social stories to support students in their understanding of what bullying is.

We encourage students to take a positive stance against bullying by always telling an adult what is going on. We also teach our students how to deal with various situations involving bullying, observing others being bullied, teaching them to say STOP and to use effective body language. We also teach our students about keeping safe on the internet/mobile phones. We also have SEAL buddies in school to support students and also a positive school council to befriend any student feeling left out/alone/isolated. We also have bully forms in school for students to complete if they require further support.

A bullying questionnaire is completed annually by every student and if there are any issues they are picked up by the KS3 and KS4 mentors or our Key stage phase leaders.

Helplines

Kidscape website - [www.kidscape.org.uk](http://www.kidscape.org.uk)

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

The Anti-Bullying Alliance - [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

The experience of young gay people in Britain's Schools - [www.stonewall.org.uk/educationforall](http://www.stonewall.org.uk/educationforall)

Stop text bully - [www.stoptextbully.com](http://www.stoptextbully.com)

Cyberbullying - [www.cyberbullying.org](http://www.cyberbullying.org)

Chat danger - [www.chatdanger.com](http://www.chatdanger.com)

Channel 4 LGB teens -

[www.channel4.com/health/micosites/L/lgbteens/index.html](http://www.channel4.com/health/micosites/L/lgbteens/index.html)

Childline - [www.childline.org](http://www.childline.org)

Coastkid - [www.coastkid.org](http://www.coastkid.org)

Rewind - [www.rewind.org.uk](http://www.rewind.org.uk)

Hometown - [www.anti-bullyingalliance.org/walkthru.htm](http://www.anti-bullyingalliance.org/walkthru.htm)

Everyone involved in the life of St Hugh's school should take responsibility for tackling bullying behaviour. This includes providing good role models, being consistent in the application of the anti-bullying policy and by fostering a clear understanding that we disapprove of unacceptable behaviour.