

***Bullying is unacceptable as it affects the social, emotional well-being and development of students and will not be tolerated in our school. We have an anti-bullying policy and strategies to prevent and reduce bullying***

## **1 What is bullying?**

There are many definitions of bullying but most have three things in common:

- It is deliberately hurtful behaviour.
- It is repeated over a period of time.
- It is difficult for those being bullied to defend themselves.

***Bullying can take many forms. The four main types are:***

- Physical - hitting, kicking, and taking belongings.
- Verbal – name calling, insulting, racist or sexist remarks.
- Cyberbullying - sending texts, video clips, e-mail and MSN messages.
- Indirect - spreading nasty stories about someone, excluding someone from friendship or social groups.

## **2 We aim to prevent bullying by encouraging our students:**

- To build co-operative relationships with others.
- To avoid and resist bullying behaviour at any level.
- To resolve difficult situations without resorting to bullying or violence.

## **3 We tackle any bullying in school because:**

- Students who are being bullied are unlikely to concentrate fully on their school work.
- Some students avoid being bullied by not going to school.
- Some students who observe unchallenged bullying behaviour may copy this anti-social behaviour.
- Students deserve to feel safe and secure at home (Cyberbullying), at school and on the way to and from school.

#### **4 Dealing with incidents of bullying:**

**Students** - if you have been bullied:

- **If you feel able, ask the bully to stop.**
- **Tell a teacher or another adult in school.**
- **If you are scared to tell a teacher or adult on your own, ask a friend to go with you.**
- **Tell your family.**
- **Send an e-mail to the Blatch Bully Line *blatchbullyline@blatchingtonmill.org.uk***
- **Speak to one of our Supportive Listeners/Peer Listeners or Senior Students.**

**Parents and Families/Friends –**

- **Watch for signs of bullying. Monitor MSN/computer use.**
- **Talk to your child about the situation.**
- **Contact your child's Form Tutors or Year Tutor immediately if you are worried.**

**School friends –**

- **Alert a teacher to your concerns.**
- **Talk to your friend about the situation.**

**School -**

- **Any bullying will be treated seriously.**
- **The response will depend on the nature of the incident and may involve a variety of strategies.**
- **This could range from reprimands for one - off mild offences to exclusions for serious incidents.**
- **If appropriate, counselling, conflict resolution and problem solving approaches may be used.**
- **Cyberbullying may be reported to the police.**

***All students are asked to take positive action against bullying rather than ignoring it or colluding with it.  
Silence allows bullies to bully!  
Say NO to bullying.***

Further information on bullying can be found at:-

Confidential hotline on:  
01273 736244 ext 255.

[blatchbullyline@blatchingtonmill.org.uk](mailto:blatchbullyline@blatchingtonmill.org.uk)

[www.need2know.co.uk/relationships/bullying](http://www.need2know.co.uk/relationships/bullying)

[www.direct.gov.uk/Parents/WorriedAbout](http://www.direct.gov.uk/Parents/WorriedAbout)

[www.parentlineplus.org.uk/](http://www.parentlineplus.org.uk/)

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

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

[www.antibullying.net/](http://www.antibullying.net/)

Information about safe use of the Internet for parents and students can be found at:-

[www.internetsafetyzone.co.uk](http://www.internetsafetyzone.co.uk)

**CONTACT IN SCHOOL**

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