

Isolated Fed up  
Excluded Deflated  
Ashamed Embarrassed  
Miserable Angry Jealous  
Suicidal  
Defeated Hopeless  
Sick  
Helpless

# BULLYING

## Statement of Intent

Providing a safe and happy learning environment is integral to achieving the wider objectives of Academy improvement: raising attainment, improving school attendance; promoting equality and diversity; and ensuring the well-being of all members of the Academy community. If a student feels safe at school, they are in a much better position to realise positive outcomes. Churchfields Academy is committed to providing a caring, friendly and safe environment for all of our students so that they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at Churchfields Academy. If bullying does occur, all students should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING* academy. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

## What is bullying?

**Bullying is considered to be behaviour that is repetitive, wilful or persistent, intentionally harmful, carried out by an individual or a group. As a result there is an imbalance of power leaving the victim feeling defenceless.**

*(Anti-Bullying Alliance definition)*

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

*(Preventing and Tackling Bullying, Advice for Head Teachers, Staff and Governing Bodies, DfE, 2011, p. 4)*

## Different Types of Bullying

### Verbal Bullying

Victim is threatened, called names and made to feel inferior; usually focuses on a specific, such as race, nationality, disability, sexuality, physical appearance or ability.

### Physical Bullying

The victim is physically assaulted in the form of pushes, punches and fights leading to bruises, torn clothes, personal belongings being stolen or any other kind of physical injury.

### Social Bullying

Takes place when someone is deliberately excluded from games and other group activities and treated like an outsider. Laughing and making fun of someone behind their backs, spreading mean stories, writing bad things and teasing the victim emotionally.

## **Cyber Bullying**

Victims targeted through networking sites, emails, chat rooms, instant messaging or even mobile phones. By texting the victim, posting obscene pictures or unkind comments, the bully succeeds in causing untold damage to the target as a number of people may be able to access this kind of information online.

## **Prejudice-related**

Bullying or harassment that is homophobic, gender based, sexist, sexual or transphobic, racist or discriminating against religion, Special Educational Needs, disabilities, health conditions or a person's home circumstances, such as being looked after, or caring for a family member.

## **Discriminatory Language**

Reflects negative attitudes towards a wider sub-community or group, and in some cases is illegal.

Discriminatory language of any kind is not acceptable and will be challenged, whether verbal, written (including graffiti) or electronic. In particular we will not accept any derogatory language that is:

Sexual or sexist

Relating to special educational needs, disabilities or health conditions

Gender based

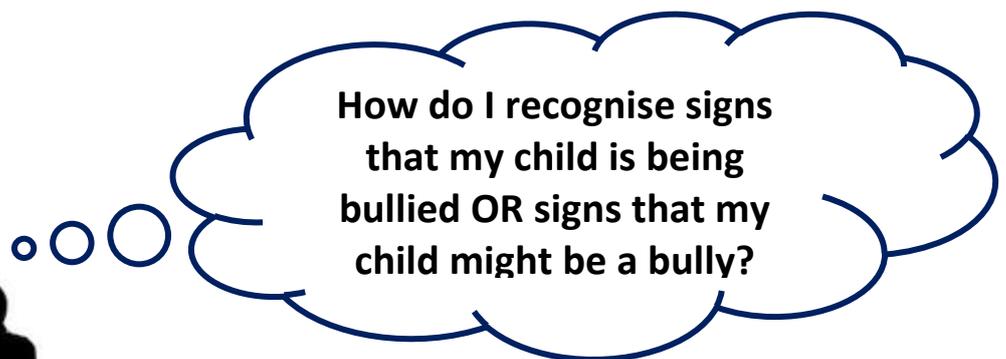
Homophobic

Transphobic

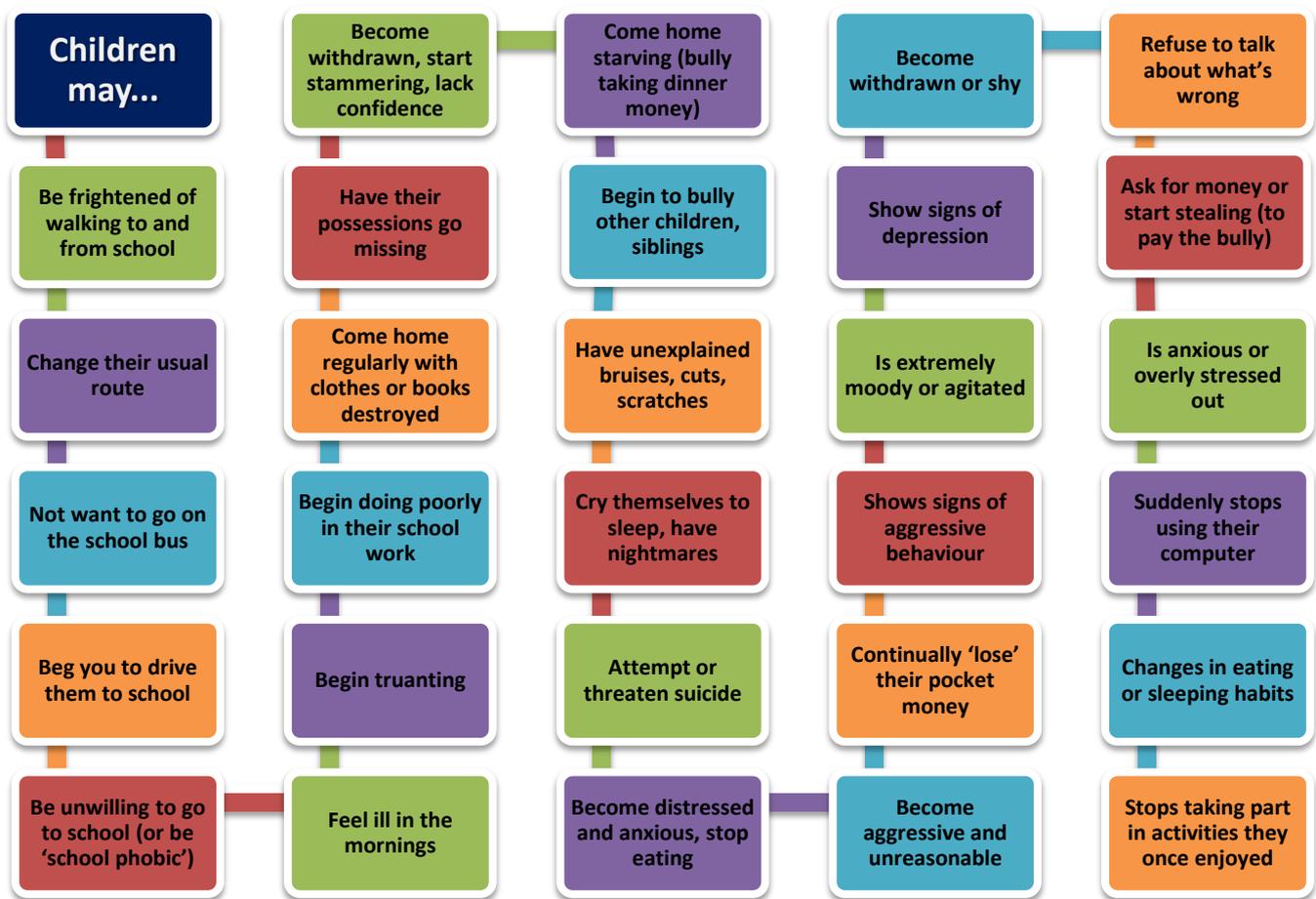
Racist

Relating to religion

Classist - relating to a person's home circumstances



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Given the short and long term consequences not only for victims but for the bullies as well, it is important to keep an eye out for signs that your child may be bullying others. **The Committee for Children** reports that a child who bullies may exhibit some of the following behaviours:

- Frequent name calling (describing others as 'wimps' or 'jerks')
- Regular bragging
- A need to always get their own way
- Spending a lot of time with younger or less powerful kids
- A lack of empathy for others
- A defiant or hostile attitude (easily takes offence)

## Advice for parents/carers

- **Schedule an appointment to talk with school staff** such as your child's tutor or the Student Support Assistant. School staff that work with your child every day may be able to help you understand why your child is bullying and provide you with some strategies to use with your child.
- **Explain to your child that this kind of behaviour is unacceptable.** Stop any show of aggression you see, and talk about other ways your child can deal with the situation. Establish appropriate consequences for her actions such as taking away privileges and allowing your child to earn them back with appropriate behaviour.
- **Examine behaviour and interactions in your own home.** Is there something at home that is encouraging this type of behaviour such as violent media of some kind in the form of video games, television or movies? Are there interactions that may lower your child's self-esteem such as constant teasing or taunting by a sibling? When you discipline your child, are you focusing on how the behaviour is unacceptable rather than your child?

## Where to get more help

### Who to contact at school:-

- Your child's Tutor, or Learning Mentor in the first instance.
- Take a look at our Anti-Bullying Policy in the policies section of this website

**You are not alone.** There are many places to get help & guidance:

CEOP- <http://www.ceop.police.uk>  
<http://www.antibullying.net/resourceswwwlinks.htm>  
<http://www.bullying.co.uk>  
<http://www.bbc.co.uk/schools/parents/bullying>