



Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online. It is often aimed at certain groups, for example because of race, religion, gender or sexual orientation. At Meadowhead School we will not tolerate bullying.

## Bullying can be:

- **Emotional** being unfriendly and excluding other children
- **Physical** pushing, kicking, hitting, punching or any use of violence
- **Racist** racial taunts, graffiti, gestures
- **Sexist** Attitudes used to intimidate or harm another based on sex or gender
- **Sexual** unwanted physical contact or sexually abusive comments
- **Homophobic** because of or focussing on the issue of sexuality
- **Verbal** name-calling, sarcasm, spreading rumours, teasing
- **Cyber** All areas of internet, such as email, text messages, social media etc.

## What Can You Do?

### Tell someone:

- An adult you trust, or call a helpline like ChildLine on **0800 1111** in confidence.
- Your school – your form tutor, Pastoral Manager or your Head of Year can help you.
- If it is happening online, tell the provider of the service; check the service provider's website to see where to report incidents.
- Don't stand by and watch it happening to someone else.

## What Meadowhead School will do to prevent bullying:

- Foster a culture of mutual respect and appreciation of difference and diversity
- Cover anti-bullying topics and keeping safe in Ethics lessons
- Ensure students do not use mobile phones in school
- Hold assemblies covering anti-bullying themes
- Train students to be anti-bullying ambassadors to promote positive relationships and raise awareness
- Provide parents with helpful tips and advice for using social media and mobile phones
- Raise awareness through anti-bullying week and other national awareness events

## What Meadowhead School will do to respond to bullying:

- Reassure the victim and keep them safe
- Gather evidence and identify other roles within the situation
- Contact parents of the target and the bully and provide updates
- Meet with parents of the target and the bully to decide on a plan of action
- Advise blocking of social media sites where appropriate
- Ensure all parties sign a conflict resolution contract
- Hold regular follow up meetings with relevant members of staff to monitor the situation
- Consult with the police if necessary and appropriate
- Provide support for the target and the perpetrator

Where possible, to avoid any further issues between students, we will try to resolve the bullying with support and intervention rather than with sanctions. This has been proven to be most effective in preventing any further incidents. If the bullying persists however, or the initial incident is deemed to require it, we will impose sanctions.

**Possible non – sanction strategies:**

- Finding the cause (possibly a misunderstanding) and effecting a reconciliation
- An apology given and accepted.
- Parties brought together and understanding achieved.
- An undertaking to desist in future from threatening and/or provocative actions.
- Parents informed and involved as necessary.
- A reference to an outside agency.
- Restorative work undertaken with a learning mentor

**Possible Sanctions:**

- Exclusion from schools activities
- Internal Exclusion
- Social time exclusion
- Alternative timetabling arrangements
- Fixed Term Exclusion
- Reference to the Governors' Pastoral Sub-Committee
- Police referral or intervention
- Permanent Exclusion

**What Meadowhead students will do:**

- Not engage in any behaviour which harms or attempts to cause harm to others
- Report any incidents of bullying to the year team or form tutor
- Not be a bystander – report any bullying you see to a member of staff to keep each other safe
- Follow guidance on staying safe online including not sharing passwords and not passing on abusive messages
- Respect all people, all of the time

**Useful Websites:**

- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.net-aware.org.uk](http://www.net-aware.org.uk)
- [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)
- [www.childnet.com](http://www.childnet.com)
- [www.report-it.org.uk](http://www.report-it.org.uk)
- [www.theproudtrust.org](http://www.theproudtrust.org)

**Advice for parents:**

- Check in with your child regularly to make sure their relationships with peers are healthy.
- Remind your child not to retaliate if someone is unpleasant towards them but to report it immediately.
- Be aware of your child's relationship with their mobile phone/tablet. Be alert to changes in their mood when they are using their phone/tablet.
- Be nosy – check your child's messages/emails regularly.
- Be aware of age regulations on social media sites.
- Keep any evidence of offending messages or online conversations then block the perpetrator
- Report bullying:
  - Contact your child's school if it involves another student, so that they can take appropriate action.
  - Contact the service provider/website if it is online
  - Consider contacting the police if the act commits a criminal offence