

There are lots of organizations that offer more detailed and in depth advice and support on these and many other related issues.

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

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

**Child exploitation and online protection centre (CEOP)** [www.ceop.police.uk](http://www.ceop.police.uk)

**Child Line**  
<http://www.childline.org.uk/>

**NSPCC**  
<http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

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

**National Bullying Helpline**  
[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

## OUR MISSION STATEMENT

As a Catholic school, God is at the very heart of all we do. The rites and practices of the Roman Catholic faith are reverently upheld in the school and participation in these rites and practices is offered to all our children. It is our role to recognise each individual's worth and to teach the message of the Gospels. Gospel values of trust, honesty, forgiveness, self-respect, self-discipline and loving and caring for one another are an essential part of everyday life in the school.



*'Following Jesus in all we do'*

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## ST JOSEPH'S CATHOLIC PRIMARY SCHOOL



*'Following Jesus in all we do'*

KEEPING  
OUR  
CHILDREN  
SAFE FROM BULLYING



Our Anti-Bullying Policy can be downloaded from the school's website.  
[www.stjosephsworcester.co.uk](http://www.stjosephsworcester.co.uk)

Contact Information:  
Lead Safeguarding officer: Mrs L Bury  
Deputy Safeguarding Officer: Mrs J McDonagh  
CEOP/E-Safety Officer: Mrs J McDonagh

At St Joseph's Catholic Primary School we are committed to prevent and tackle bullying through the involvement of the whole school community. We are committed to developing an anti-bullying culture whereby no bullying, including between adults or adults and children and young people will be tolerated.

### What is bullying?

'Bullying is behaviour by an individual or group that happens repeatedly over an extend period of time that hurts another person either physically or emotionally.'

**Bullying** is intentional behaviour and involves an imbalance of power between the bully and the person being bullied. Bullying is not a one off incident, however unpleasant. Bullying happens persistently and may take the following forms:

**Physical:** Hitting, pushing, gestures, taking belongings, unwanted physical contact.

**Verbal:** Name calling, sarcasm and humiliation, threats, and sexual, homophobic or racist remarks.

**Indirect:** Being deliberately excluded or ignored, starting or spreading rumours.

**Cyberbullying:** This is bullying using any form of technology. This can include: sending unwanted, abusive or threatening text messages, phone calls, emails and video clips or use of the internet to degrade and humiliate. Further information is available about this.

**Bullying is never** a normal part of growing up, character building or something that only happens to children. Whatever form it takes, bullying is always wrong but it can happen to anyone, both within school and outside in the wider community at anytime.

### What effect does bullying have on children and young people?

The effects of bullying may differ between individuals, but it is clear that bullying can be enormously destructive behaviour that in many cases has a negative impact on a child or young person's development. Bullying can have a damaging impact on self-esteem and confidence and can give rise to powerful and conflicting emotions. Bullied children and young people can often feel overwhelmed by feelings of fear and anger, whilst feeling powerless at the same time. Bullying is a very serious, frightening and distressing experience for anyone to go through. In extreme cases, some children can find life so unbearable they contemplate or attempt suicide. Many more carry the effects of bullying into their adult lives and relationships.

**In any situation involving bullying, it is so important that as adults, we listen to children and young people and help them to find the support that they need.**

#### How would I know if my child is being bullied?

Sometimes a child or young person will talk to you directly about bullying or tell a friend or sibling. Quite often however children are frightened and keep bullying to themselves. The following signs may give an indication that a child or young person is being bullied:

Refusal to attend school or truancy.

Withdrawal from social situations; e.g. walking home rather than using the bus.

Harsh self-criticism; holding persistent negative views of themselves e.g. 'ugly' 'stupid' 'failure.'

Personality change: moodiness, depression, suicidal thoughts, or aggression.

Attempts to change their appearance: e.g. refusal to wear glasses or certain items of clothing.

Angry outbursts, bullying behaviour towards a sibling, parent or friend

**These signs may possibly indicate bullying, but there could be many other reasons for these changes. Noticing these signs is a good starting point for talking to your child to find out more. Could there be something else bothering them? Have there been changes in your family, or other incidents that may have upset them? Opening up communication with them in a non-judgemental way is important whatever the reason**

### What should I do if I think my child is being bullied?

Bullying is a serious problem and can be very upsetting for both you and your child and will be taken seriously.

Bullying is frightening and children may find it hard to talk about being bullied or bullying others so it is important that you listen to your child without interrupting and give them time to express their feelings, which may be different from your feelings as a parent. Talking about their situation and feeling listened to can lessen many of your child's worries.

Make a note of what your child says has happened, who was involved and specific details of incidents. Give your child a say in how they would like the situation to be dealt with, but be clear that it is important the bullying stops.

Report the situation to a member of our school staff as soon as possible and make an appointment to visit the school. It is important to explain that bullying is the reason for your request to enable us to investigate prior to the meeting.

A record will be kept of what is said at the meeting, and agreed a named contact will be given. We will keep both yourself and your child over the actions taken to resolve the situation and the outcomes.

We will provide:

Support for the victim or target child.

Work with the bully to change their behaviour,

Decide on an appropriate disciplinary response for the bully.

Speak to the parents of all parties involved, encouraging empathy and a genuine apology from the bully, monitoring pupil's future behaviour.

Whole school assemblies or anti-bullying activities