

# The South Wolds Academy & Sixth Form - Anti bullying



South Wolds Academy students are expected to Be Kind, Work Hard, Aspire. The South Wolds Academy and Sixth Form is committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a safe and secure atmosphere.

Bullying of any kind is unacceptable and will not be tolerated at The Academy. If bullying does occur, all pupils should know who to tell and know that incidents will be dealt with promptly and effectively. This includes bullying incidents that occur online, during travel to and from school or at other times outside the school day.

The Academy is firmly committed to working in partnership with parents and carers. The best outcomes emerge when professionals and parents and carers are able to work together when bullying occurs.

Parents who believe their children are the victim of bullying should encourage their child to share concerns with school at the earliest opportunity by:

- Talking to their tutor or Head of Year
- Reporting using the SHARP system on the school website
- Reporting in person to the pastoral office

All expressions of concern will be taken seriously and investigated thoroughly.

Bullying is different from teasing/falling out between friends because:

- There is a deliberate intention to hurt or humiliate.
- There is a power imbalance that makes it hard for the victim to defend themselves.
- It is usually persistent. Occasionally an incident may be deemed to be bullying even if the behaviour has not been repeated or persistent – if it fulfils all other descriptions of bullying.

Bullying is not confined to the school premises. The increasing use of digital technology and the internet has also provided new and particularly intrusive ways for bullies to reach their victims.

Cyberbullying and face to face bullying will be treated in the same way

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

Bullying can include:

- name calling, taunting, mocking
- making offensive comments
- physical assault
- taking or damaging belongings
- cyber bullying – inappropriate text messaging and emailing; sending offensive or degrading images by phone or via the internet
- gossiping and spreading hurtful and untruthful rumours
- relational bullying - excluding people from groups, causing harm to a student by damaging friendships and feelings of group acceptance
- behaviour designed to exert improper control over another with the threat of physical hurt



KIDSCAPE is a website for parents and young people that provides practical support, and advice to challenge bullying and protect young lives. Parent advice line:

**Call:** 020 7823 5430 **WhatsApp:** 07496 682785

<https://www.kidscape.org.uk/>



Website for parents and young people that provides practical support, and advice for all aspects of family life <https://www.bullying.co.uk/>



## If you need to talk ...

...we're here to listen

 0808 800 2222

 [askus@familylives.org.uk](mailto:askus@familylives.org.uk)

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



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The academy employs a graduated response model to all reported cases of bullying, It is based upon three stages:

## **Safety First, Stop it, Moving Forwards.**

**Safety first:** These are actions that ensure the safety of the victim and communication with parent/carer.

1. Ensure the student is safe at this stage.
2. Collect information for further investigation.
3. Discuss with the student what is making them feel most anxious about the situation.

**Stop it:** This is proactive work with all parties including parents

1. Sanctions are discussed and put in place
2. An immediate restorative plan is put in place.

**Moving forwards:** Longer term approaches with a review of outcomes with students and parents

1. Long term restorative practices are implemented for the closed group where appropriate.
2. Individual/group work depending on the circumstances.
3. Wider staff circles may be involved.
4. A review of the case may be require to support future incidents
5. Ongoing, follow up work with students involved.

## Guidance for students

### If you are being bullied or harassed:

- Remember it is not your fault
- Try to stay calm and look as confident as you can
- Be firm and clear – look them in the eye and, if possible, tell them to stop and tell them how you feel

### After you have been bullied or harassed:

- All bullying and harassment is wrong and you do not have to stay silent about it
- Tell an adult or somebody you trust what has happened straight away. Adults in school have a responsibility to give you help and support around bullying
- If you are scared to tell a teacher or adult on your own, ask a friend to go with you
- Keep on speaking until someone listens and does something to stop the bullying.

### When you are talking to an adult about bullying, we would expect you to be clear about:

- What has happened to you
- How often it has happened
- Who was involved
- Who saw what was happening
- Where it happened
- What you have done about it already

### If you experience bullying or harassment by mobile phone, text messages, social media or email, we would expect you to:

- Don't retaliate or reply
- Save the evidence – do not delete anything
- Make sure you tell an adult who you trust
- Contact your service provider or look at their website to see where to report incidents
- Be careful who you give your mobile phone number or email address to
- Make a note of exactly when a threatening message was sent
- Block the person who is bullying you.

**Free online counselling support for young people!**

*“Everyone should have someone to talk to when everything feels like it's going wrong. Kooth is private and confidential so it feels safer to open up here.”*

*Kooth is an online mental wellbeing resource offering counselling and advice to young people aged 11-24 years of age.*

*Register directly through [www.kooth.com](http://www.kooth.com)*

**Kooth is a free online service offering emotional and mental health support for children and young people**

[www.kooth.com](http://www.kooth.com)

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## Guidance for parents/carers

### If your child has been bullied or harassed, we would expect you to:

- Calmly talk with your child about his/her experiences
- Make a note of what your child says including who was involved, how often the bullying has occurred, where it happened and what happened
- Reassure your child that he/she has done the right thing to tell you about the bullying
- Explain to your child that he/she should report this to an adult in school immediately
- Let the Academy deal with the incident. Engaging directly with other parents can often exacerbate the situation making it more difficult to resolve.

### If talking with members of staff about bullying or harassment, we would expect you to:

- Be as specific as possible about what your child says has happened, give dates, places and names of other children involved
- Make a note of what action the school intends to take
- Ask if there is anything you can do to help your child or the school
- Stay in touch with the school and let them know if things improve as well as if problems continue

### If your child is displaying bullying behaviour towards others, we would expect you to:

- Talk with your child and explain that what he/she is doing is unacceptable and makes other children unhappy
- Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want
- Show your child how he/she can join in with other children without bullying
- Regularly check with your child how things are going at school
- Give your child lots of praise and encouragement when he/she is co-operative or kind to other people

### If your child is experiencing any form of cyber bullying, we would expect you to:

- Ensure your child is careful whom they give their mobile phone number and email address to and who they are befriending through social media.
- Check exactly when a threatening message was sent and keep evidence of offending emails, text messages or online conversations. Do not delete messages
- Contact the school to report this
- Contact the service provider to report the incidents
- If the cyber bullying is serious and you believe there is a credible threat then contact the police using 101.

The police advise removal of all social media for a period of time.



**Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline.**

If you have concerns regarding your child's online activities please visit <https://www.thinkuknow.co.uk/parents>

To support parents and carers in keeping their children safe online while they are off school, thinkuknow have produced a helpsheet with advice and links to Thinkuknow resources

[https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow\\_secondary\\_parents\\_helpsheet.pdf](https://www.thinkuknow.co.uk/globalassets/professional/thinkuknow_secondary_parents_helpsheet.pdf)