



Anti-Bullying Policy

Rationale

Leighton Park School is completely opposed to all forms of bullying and will not tolerate it. It is entirely contrary to the Quaker values and principles by which we work and live. All members of the School have a right to work in a secure and caring environment, free from bullying behaviour. All members of the school also have a responsibility to contribute to protecting and maintaining such an environment.

Aims and Objectives

Leighton Park School aims to create an environment that is free of bullying. All staff – teaching and support – and all volunteers and governors should be alert to bullying behaviour and follow the school's anti-bullying policy, whose objectives support the above aim.

What is Bullying behaviour?

Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally. Bullying can take many forms (for instance, cyber-bullying via text messages or the internet), and is often motivated by prejudice against particular groups, for example on grounds of race, religion, gender, sexual orientation, or because a child is adopted or has caring responsibilities. It might be motivated by actual differences between children, or perceived differences.

Bullying may be:

- Physical - pushing, kicking, hitting, pinching or any use of violence.
- Verbal - name-calling, sarcasm, teasing, insulting, making threats, spreading rumours, making comments which are racist, sexist or homophobic in nature or which focus on disabilities or religious or cultural differences.
- Emotional - excluding others, tormenting (e.g. hiding books or belongings including money), being unfriendly, graffiti, gestures, 'put downs'.
- Sexual - unwanted physical contact or comments of a sexual nature
- Homophobic or Transphobic - direct or indirect remarks and/ or actions because of or focussing on the issue of sexuality including all LGBT+ issues
- Cyber - all areas of internet/ wifi misuse (See below)

Bullying may also be:

- Sexual: talking to or touching someone in a sexually inappropriate way
- Sexist: related to a person's gender or gender reassignment
- Racist: relating to someone's religion, belief or culture

- Related to pregnancy and maternity
- Related to a person's home circumstances or
- Related to a person's disability, special educational needs, learning difficulty, health or appearance
- Related to protected characteristics, particularly sex, sexual orientation, gender reassignment, disability, race and religion in a school environment (marriage and pregnancy being the other characteristics)

Bullying can occur between students or between members of staff and may also be carried out by students towards staff or vice versa.

Encouraging other people to engage in bullying behaviour is also bullying.

Bullying may be peer on peer abuse.

Whilst bullying behaviour is repeated over time Leighton Park is aware that single incidents may be part of a pattern that does not immediately reveal itself. As such, the School uses MyConcern to log single incidents and then use the sanctions process to respond accordingly. As a result, the School can quickly spot patterns of behaviour that may well constitute bullying.

What is Cyberbullying?

The rapid development of, and widespread access to, technology has provided a new medium for 'virtual' bullying, which can occur in or outside school. Cyberbullying is a different form of bullying and can happen at all times of the day, with a potentially bigger audience, as people forward on content at a click. Leighton Park School is committed to working to achieve a school that is free of cyberbullying.

Cyberbullying is bullying of any of the above types which makes use, or misuse, of electronic forms of communication. This is a particularly powerful and invasive form of bullying and includes:

- Email and Internet chat room misuse
- Mobiles phone threats, intimidation and unkind messages and calls
- Using social media such as Facebook, SnapChat and Instagram (as three examples) to cause upset and / or provoke another person
- Misuse of associated technology e.g. camera and video facilities and by using the internet and phones to upset or threaten people, to post cruel messages, to send unpleasant photographs, to publish intimate or private details or images or to spread rumours
- Using cameras or video facilities inappropriately in order to intentionally harm, humiliate, embarrass or otherwise upset a person.

What is not bullying?

It is important to realise that not all inequality in relationships will constitute bullying, nor will all disagreements, differences or conflicts between members of

the community. It can be harmful to use the term 'bully' particularly if the evidence of bullying is inconclusive.

The following is a non-exhaustive list of behaviours which are not, in isolation, bullying behaviours:

- Not liking someone or not being liked by someone
- Being excluded from play or activities where there is no intention to humiliate or emotionally harm the person being excluded
- Accidentally bumping into someone
- Assertiveness
- A single act of telling a joke about someone although the difference between having a sense of humour and making fun of someone is very fine and people can misjudge this use of humour with negative consequences
- Arguments. Arguments are heated disagreements between two (or more) people (or groups). Conflict is a natural part of human behaviour. Peaceful resolution of conflict is a healthy and essential part of community, of society and of a world where there are differences
- Expression of negative thoughts or feelings regarding others. This is to be discouraged but does not constitute bullying per se, unless it is done repeatedly and encourages others to follow suit
- Isolated acts of harassment, aggressive behaviour, intimidation or meanness are not necessarily bullying. They can become so if repeated over time.

Criminal Law

Although bullying is not a specific criminal offence in UK law, there are criminal and civil laws that apply to harassment and threatening behaviour.

Some cyberbullying activities could be criminal offences under a range of different laws, including the Protection from Harassment Act 1997, the Malicious Communications Act 1988, section 127 of the Communications Act 2003 and the Public Order Act 1986. The age of criminal responsibility in the UK starts at 10.

In extreme cases Leighton Park will involve the relevant authorities if it suspects a criminal offence has been committed.

The effects of bullying

All bullying is damaging to those who experience it and those who perpetrate it. The consequences of bullying can last for many years, can undermine a person's confidence for life and can lead to lasting psychological damage and even suicide. There are criminal laws which apply to harassment and threatening behaviour and the school will involve outside agencies should it be necessary to do so.

These symptoms below are not exhaustive and may or may not be caused by bullying but when displayed the question of whether or not bullying is or has taken

place should always be investigated. Consider the possibility of bullying when a child:

- Is frightened of walking to and from school
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school
- Becomes withdrawn, anxious or lacking confidence
- Starts stammering
- Attempts or threatens suicide or runs away
- Cries themselves to sleep at night or has nightmares
- Regularly feels ill in the morning
- Underperforms at school
- Comes home from school with clothes or property damaged
- Has possessions which are damaged or 'go missing' regularly
- Ask for or starts stealing money
- Continually 'loses' money
- Has unexplained cuts or bruises
- Exhibits signs of an eating disorder
- Becomes aggressive, disruptive or unreasonable
- Is bullying other children or siblings
- Is evasive or frightened to say what is wrong
- Gives improbable excuses for any of the above
- Is afraid to use the internet or mobile phone
- Is nervous or jumpy when a cyber message is received.

Advice for Students

1. What to do if you feel you are being bullied

- As a member of the school we expect you not to have to put up with any form of bullying behaviour. We can and will help you put a stop to it.
- Do not keep quiet about it.
- Speak to your parents or guardian, or another adult such as your matron, Housemaster or one of the graduate residents or the School Counsellor. Peer Mentors can also be approached.
- Do not put up with bullying behaviour. Bullies often stop what they are doing if their friends make it clear that their behaviour is unacceptable.
- The school will seek to provide you with the appropriate support.

2. What to do if you see or are aware someone is being bullied

- If you are not yourself a victim but know or suspect that it is happening to others, you have a duty to report it to a teacher or another adult.
- Support the person being bullied as far as possible, both during an incident and afterwards.
- Standing by and letting the bullying continue is almost as bad as taking an active part in it.

If you are guilty of bullying and realise that what you have been doing is wrong, you should speak to a teacher or another adult and ask them to help you deal with the situation. You will only make the situation worse if you let things continue and eventually get caught.

Advice for Parents

- If you know or suspect that your son/daughter may be a victim of bullying, please report the matter to the school as soon as possible, in the first instance to the tutor or Housemaster.
- Encourage your child to talk about the issue but be patient. It is quite natural for them to not want to discuss the matter and not want you to do anything about it.
- Listen and try not to interrupt.
- Reassure them you are sympathetic and that it is a problem that can be solved.
- Try to keep the situation in perspective and remain good humoured. If your child sees that you are distressed (which you may well be) this may make them even more worried and anxious.
- If you know or suspect that another student known to your son/daughter may be a victim of bullying, please report the matter to the school in the same way as above.
- If you know or suspect that your son/daughter is involved in bullying, please report the matter to the school. It will be in their best interests to try to bring the matter to a speedy conclusion by having it dealt with where it is happening.

Staff Procedures:

When bullying is identified or reported action must be taken immediately so that the victim feels supported and reassured.

- Housemasters, the relevant Head of Section and Tutors should be notified, and the Deputy Head should be informed.
- A lead person will be identified to coordinate an investigation and gather evidence. This will usually include other key members of staff as appropriate.
- The victim should be reassured, any injury addressed and kept safe.
- Written accounts of the reported incident should be made by all involved: the victim of an incident, anyone accused of bullying behaviour and any witnesses to the incident. These accounts should be written under supervision and as soon as an incident is reported, preferably before those involved are able to communicate with one another. These will then be uploaded to MyConcern.
- Any electronic evidence may also be gathered, and screenshots taken to show where cyberbullying has taken place.

- Each should then be interviewed by the Deputy Head or Housemaster in the presence of a senior member of staff; another member of staff may be asked to be present, depending on availability. A written record will be kept of the interviews.
- Should the evidence show that any form of bullying has taken place, parents/ guardians may be asked to come into school to meet with the Deputy Head.
- Those who are found to have been bullying will be sanctioned appropriately in the presence of their Housemaster and or Head of Section and parents, by the Deputy Head. The warning will remind the student of the school's policy on bullying and that another offence may result in exclusion from school. The formality of the warning and the seriousness with which bullying behaviour is dealt with is usually sufficient to prevent a recurrence of such behaviour.
- Parents involvement is crucial to the process for both the victim of the bullying and any student found to have been bullying others.
- Sanctions against those who bully will include appropriate restorative justice as well as other measures such as gating and detentions. The aim should be for relationships to be mended. Cases will, however, be dealt with on a case by case basis and if necessary, exclusion may be the appropriate sanction.
- Students who bully will be given advice and support to help them manage their behaviour, but extreme or persistent bullying is likely to result in a period of suspension from school or even permanent exclusion.
- Notes of all action taken must be recorded and placed on student files. Copies should be given to Housemasters for House files and the Deputy Head will keep a record in the Serious Incident File.
- Bullying can become a Child Protection Issue and in this circumstance, cross-reference should be made with the school's policy on Child Protection and Safeguarding.
- Serious bullying incidents are always reported to the Deputy Head to enable problems to be identified.

Outcomes

After an incident has been investigated and dealt with, each case will be monitored to ensure repeat behaviour does not occur. Both the perpetrator of the bullying and their target will be offered relevant support to help them in the future.

Serious sanctions can be applied for bullying behaviour. The following action may be taken:

- Official warning to cease bullying behaviour

- School Detention
- Internal suspension
- Temporary exclusion
- Permanent exclusion

Prevention of Bullying

The school has an overriding duty of care towards its students and appropriate action must be taken to protect them.

We seek to prevent bullying by:

- Promoting an atmosphere in which 'telling' is safe and acceptable
- Being vigilant in our supervision of all areas of the school, being on duty, in our classrooms and in the Houses in good time
- Reminding students frequently about the behaviour that is expected of them, stressing that they should be friendly and respectful towards each other
- Using information gathered from reported incidents as pointers to improvements that can be made to our approach
- Conscious teaching of social skills through role-play, drama, literature etc
- Using role play and discussion to help students to develop strategies for dealing with bullying and to understand those who bully to appreciate the feelings of the victim
- Building the confidence of students by valuing them and their work as individuals
- Using Collect, Beliefs and Values and PHSCE ("Your Life") lessons to promote values, differences, beliefs, moral issues
- Teachers providing positive role models to students
- Ensuring clear communication between all members of staff regarding the behaviour of students
- Recording all incidents concisely and consistently to monitor effectively the behaviour of students and to evaluate the methods adopted to combat bullying
- Supportive procedures for dealing effectively with individual concerns raised by parents
- Clear communication with parents, especially when trying to work together to improve behaviour

- Being vigilant to signs of unhappiness, distress or change of character in students
- Providing Inset training which allows staff to understand and identify bullying, appreciate its consequences and follow the school's anti-bullying policy
- The school has a staff duty rota to cover times and places where bullying may occur.

This policy has been drawn up having regard to Standard 12 of the National Minimum Standards (revised 1st April 2015). This policy should be read in conjunction with the school's Behaviour and Expectations Policy.

Review

This Policy will be reviewed every two years by the Deputy Head to assess its effectiveness and will be updated as necessary. In undertaking the review, the Deputy Head will take into account the results of the evaluation of the methods adopted to combat bullying as well as any changes in legislation and / or statutory guidance and other relevant information gathered.

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Useful resources for parents and staff

Kidscape

<http://www.kidscape.org.uk/parents-carers/> provides an excellent overview of issues concerning bullying in easy-to-follow sections

Bullying

UK <http://www.bullying.co.uk/advice-for-parents/how-to-spot-the-signs-of-bullying/> contains many helpful documents and strategies for all aspects of managing the consequences of bullying

YHfgL

<http://www.yhgfl.net/eSafeguarding/eSafety/Cyberbullying/Parents-resources> provides a link to various parent guides to cyber bullying including <http://www.vodafone.com/content/parents.html>

Childnet International Think You Know

<http://www.childnet-int.org/kia/parents/> This is one of the best sites and contains accessible and informative information for all interested in IT safety. <http://www.childnet.com/resources/supporting-young-people-online> is a useful point of call to help support students in their use of technology online.

Childnet – sorted

<http://www.childnet-int.org/sorted/> guides internet users on privacy online and reducing risks of sharing information unwittingly with those who can use it for bullying and other purposes

Kidsmart

<http://www.kidsmart.org.uk/parents/> - for parents of younger children

Think you know - CEOP

<https://www.thinkuknow.co.uk/parents/> CEOP is primarily concerned with protecting children from abuse but it contains useful resources for appropriate internet use

CEOP online parents meeting

<https://www.thinkuknow.co.uk/parents/parentsguide/>

BBC Stay Safe

<http://www.bbc.co.uk/cbbc/topics/stay-safe> and <http://www.bbc.co.uk/newsround/13905962> contain some useful and brief guides

Google family tips

<http://www.google.co.uk/goodtoknow/familysafety/tips/> gives access to help on a variety of online and other issues facing children today.

EACH

www.each.education

National LGBT+ Helpline

08081000143

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<http://www.leightonpark.com/About/Policies>

Document Change History

Date of Change	Detail of Significant Changes
08/09/20	Update to include bullying re protected characteristics to reflect seriousness – p2. Reference included to single incidents being taken seriously and logged, so patterns can be identified – p2