

Pupil Anti-Bullying Policy

Aim

At Oakham Shires School, our aim is to create an atmosphere which is caring, protective, and supportive, where no one feels humiliated, intimidated, or abused. Recognising bullying in all its forms is a vital part of this process.



1 What is bullying?

Young people at Oakham Shires have defined bullying as “not very nice” and “being mean to someone, verbally, physically, emotionally”.

Bullying can include name calling, taunting, mocking, making unkind comments, kicking, hitting, taking belongings, writing anything hurtful, gossiping, excluding people from groups, spreading hurtful and untruthful rumours, racism, sexism.

This includes cyber bullying, which includes sending upsetting messages or photographs or videos.

Staying silent and **accepting** bullying, is the **same** as bullying itself.



2 Types of Bullying

Bullying can be different things, it isn't just hitting or kicking another person.

Emotional bullying is hurting someone's feelings, leaving them out or bossing them about.

Physical bullying is punching, kicking, spitting, hitting, or pushing someone.

Verbal bullying is teasing someone, calling them names, or using hand signs. People can also use verbal bullying to be racist or homophobic.



Racist means bullying someone because of their skin colour, race or what they believe in.

Homophobic means bullying someone because of their gender or sexuality; calling someone gay or lesbian would be homophobic.

Sexist means bullying someone because of their sex (whether they are a boy or a girl).

Disablist means bullying someone because of their special educational needs or disability.

Cyber bullying involves sending horrid messages over the internet or by text message.

Bullying can be done **through another person**, by one person sending another person to say nasty things.



3 How the school prevents bullying

Young people at Oakham Shires said bullying is prevented by “teaching us about bullying”, “talking to adults” and “complimenting, helping and bigging each other up” to encourage positive relationships.

- ✓ We encourage everyone to have respect for each other.
- ✓ Good and kind/polite behaviour is expected.
- ✓ We support pupils to know how to respond to bullies.
- ✓ Model positive relationships.
- ✓ Education around bullying.
- ✓ Encourage pupils to have open conversations with staff.
- ✓ Regular check-in with pupils’ Zones of Regulation throughout the day.
- ✓ We challenge unacceptable behaviour and any types of bullying.
- ✓ We create an environment that is safe, calm, and supportive.

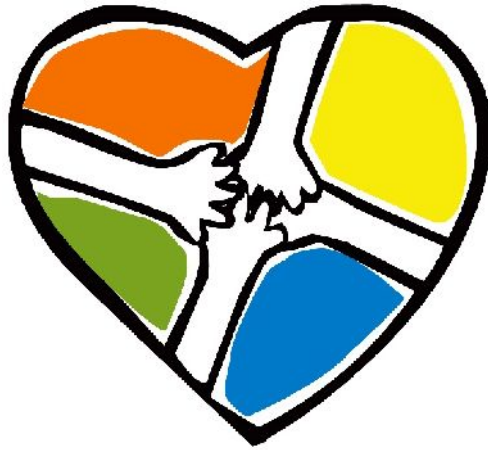


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What should I do if I am being bullied?

- Tell an adult, such as a teacher, carer, or parent - you shouldn't be scared to talk to someone if you are being bullied. If you talk to an adult, we can make the bullying stop.
- Tell the bully to stop.
- Ignore the bully and walk away.

Always remember that if you are being bullied, it is **not** your fault, and you are **never alone**.



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Who can I talk to?

It is important that you tell someone as soon as you are being bullied, or you notice someone else being bullied.

If you want to talk to someone outside the school, you can:

Call Childline on 0800 1111 ... Free 24 hr confidential helpline

Call YoungMinds on 0808 802 5544 or youngminds.org.uk ... Mon-Fri 9.30-4pm

Call Samaritans on 0116 123 007 ... Free 24hr confidential helpline

Text Chat Health on 07520615387 ... 11-19yo text service with school nurses (Mon-Fri)

In case of medical emergency call 999

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Supporting pupils who have been bullied

Young people at Oakham Shires said if they were being bullied, they would like to be supported by “staff providing space from the bully” and “verbal support from staff”.

We will also support pupils by:

- Offering time to discuss the experience with a staff member of their choice.
- Providing ongoing support and reassurance.
- Helping pupils on how to respond and building their resilience.
- Helping to rebuild and increase pupils’ self-esteem and confidence.
- When needed, working with organisations outside Oakham Shires for advice and support.



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Supporting pupils who have bullied

We will help pupils who have bullied by:

- Discussing the event and the change needed with the pupil.
- Working with parents to help change pupils’ attitude and behaviour.
- Education on appropriate behaviour and offering support.
- If online, content will be removed.
- Addressing behaviour in line with school rules.
- When needed, working with organisations outside Oakham Shires for advice and support.