

ANTI-BULLYING POLICY

Statement of Policy

Tring Park School does not condone any form of bullying.

Aims

The aim of our anti-bullying policy is to clarify to pupils and staff that bullying is malicious and always unacceptable. We wish to encourage an environment where independence is celebrated and the individual can flourish without fear. Every pupil has the right to be safe and happy in school, and to be protected when they are feeling vulnerable. This means anyone who knows that bullying is happening is expected to tell a member of staff.

Definition of Bullying

Bullying is repeated behaviour, which makes other people feel uncomfortable, or threatened, whether this is intended or not. Bullying as defined above may take a variety of forms and occur in a variety of contexts: bullying on the grounds of race, religious beliefs, in cultural contexts, sexual or sexist bullying or bullying based on a person's disability or perceived disability.

There are different sorts of bullying but examples of the three main types are:

PHYSICAL	Hitting, kicking, taking or hiding belongings including money.
VERBAL	Name calling, teasing, insulting, writing unkind notes and/or text messages, and any form of cyber bullying.
EMOTIONAL	Being unfriendly, excluding, tormenting, spreading rumours, looks etc.

People react differently. It is not always possible to tell if someone is hurt or upset.

Possible Signs

Pupils who are being bullied may show changes in behaviour, such as becoming shy and nervous, pretending to be ill, or always wishing to be with older pupils or adults. They may show changes in their work patterns, may lack concentration or may even play truant from school.

There may be physical signs of bullying, but there will also be psychological damage to varying degrees.

Procedure

If you are being bullied, or you know that someone else is, you can talk to the following persons: a prefect, your Tutor, the Independent Listener, any other

member of staff.

The pupils concerned will be interviewed, a written report will be produced and kept by the Deputy Principal. An appropriate course of action will then be decided upon by the Principal and the Deputy. A log will be kept by the Deputy Principal in the to monitor bullying patterns by individuals and across the school.

Outcomes

Bullying is not a specific criminal offence but other criminal laws may be broken in bullying behaviour. Outcomes will be determined by the seriousness of the offence but may include exclusion, suspension, and internal suspension.

CYBERBULLYING POLICY

Virtual Bullying

With more and more of us using email and mobile phones, bullying does not have to happen in person. Silent phone calls or abusive texts or emails can be just as distressing as being bullied face-to-face.

Cyber Bullying

This is sending or posting harmful or cruel text or images using the Internet or other digital communication devices.

There are seven categories of **cyberbullying**:

- Text message bullying involves sending unwelcome texts that are threatening or cause discomfort.
- Picture/video-clip bullying via mobile phone cameras is used to make the person being bullied feel threatened or embarrassed, with images usually sent to other people. 'Happy slapping' involves filming and sharing physical attacks.
- Phone call bullying via mobile phone uses silent calls or abusive messages. Sometimes the bullied person's phone is stolen and used to harass others, who then think the phone owner is responsible. As with all mobile phone bullying, the perpetrators often disguise their numbers, sometimes using someone else's phone to avoid being identified.
- Email bullying uses email to send bullying or threatening messages, often using a pseudonym for anonymity or using someone else's name to pin the blame on them.
- Chat room bullying involves sending menacing or upsetting responses to children or young people when they are in a web-based chat room.

- Bullying through instant messaging (IM) is an Internet-based form of bullying where children and young people are sent unpleasant messages as they conduct real-time conversations online (i.e. MSN, Bebo, etc.).
- Bullying via websites includes the use of defamatory blogs (web logs), personal websites and online personal polling sites. There has also been a significant increase in social networking sites for young people, which can provide new opportunities for cyberbullying.

Consequences

There will be consequences for bullying behaviour. The consequences will vary according to the severity of the incident but all incidents of bullying will be treated seriously. Some incidents may warrant intervention of the Police.

What can you do as a student?

- If you are being bullied, remember bullying is never your fault. It can be stopped and it can usually be traced. Don't ignore the bullying. Tell someone you trust, such as a teacher or parent, or call an advice line.
- Try to keep calm. If you are frightened, try to show it as little as possible. Don't get angry, it will only make the person bullying you more likely to continue.
- There is plenty of online advice on how to react to cyberbullying. For example, www.kidscape.org and www.wiredsafety.org
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- **Text/Video Messaging**
- You can turn off incoming messages for a couple of days.
- If bullying persists you can change your phone number (ask your Mobile service provider).
- Do not reply to abusive or worrying text or video messages - your Mobile service provider will have a number for you to ring or text to report phone bullying. Visit their website for details.
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- **Email**
- Never reply to unpleasant or unwanted emails.
- Don't accept emails or open files from people you do not know.
- Ask an adult to contact the sender's ISP by writing abuse@ and then the host, eg abuse@hotmail.com.
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- **Web**
- If the bullying is on the school website, tell a teacher or parent, just as you would if the bullying was face-to-face.
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- **Chat Room & Instant Messaging**
- Never give out your name, address, phone number, school name or password online. It's a good idea to use a nickname. Do not give out photos of yourself either.
- Do not accept emails or open files from people you do not know.
- Remember it might not just be people your own age in a chat room.
- Stick to public areas in chat rooms and get out if you feel uncomfortable.
- Tell your parents or carers if you feel uncomfortable or worried about anything that happens in a chat room.
- Think carefully about what you write - don't leave yourself open to bullying.

PSHE syllabus relating to Prevention of Bullying

CURRICULUM MAP (Further details are in the PSHE Schemes of Work)

Form	Autumn	Spring	Summer
First / Year 7	<p>Bullying</p> <p>Smoking delivered by PSHE Co-ordinator.</p> <p>Study Skills delivered by PSHE Co-ordinator.</p> <p>Target setting delivered by PSHE Co-ordinator</p>	<p>Smoking delivered by PSHE Co-ordinator.</p> <p>Eating Disorders delivered by Physio team.</p>	<p>Puberty delivered by PSHE Co-ordinator and Science team</p> <p>Study Skills revisit delivered by PSHE Co-ordinator</p>
Second/ Year 8	<p>Bullying and Peer Pressure delivered by PSHE Co-ordinator.</p> <p>Study Skills delivered by PSHE Co-ordinator.</p>	<p>Healthy lifestyles delivered by Science.</p> <p>Eating Disorders delivered by Physio team</p>	<p>Drugs delivered by PSHE Co-ordinator.</p>
Third /Year 9	<p>Healthy lifestyles delivered by Science.</p> <p>Careers delivered vocationally in terms of the shows they are in, workshops they do with performers etc</p>	<p>Prejudice and Discrimination. Delivered in RS as part of Third Form Judaism SOW</p> <p>Eating Disorders delivered by Physio team</p> <p>Smoking delivered by Science team.</p>	<p>Sexual Health delivered by PSHE Co-ordinator and outside agencies</p> <p>Study Skills delivered by PSHE Co-ordinator</p>
Fourth/ Year 10	<p>Eating Disorders delivered by Physio team</p>	<p>Vocational Careers tutorials</p>	<p>Sexual Health delivered by PSHE co-ordinator and Outside agencies</p>
Fifth /Year 11	<p>Eating Disorders delivered by Physio team</p>	<p>Vocational Careers tutorials</p>	<p>Post Exam Programme delivered by PSHE co-ordinator and Outside agencies</p>
Lower 6th / Year 12	<p>Eating Disorders delivered by Physio team</p> <p>Vocational Careers tutorials</p>	<p>Student Finance</p> <p>Vocational Careers tutorials</p> <p>UCAS and Careers preparation talk give to all L6th by all Directors</p>	<p>Attending local Careers Fair at Berkhamsted School</p> <p>Vocational Careers tutorials</p> <p>Personal statement talk for UCAS delivered by Director of Academic</p>

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