



# Oak View Academy

Believe, Expect, Succeed

## Anti-Bullying Policy

### What is Bullying?

Bullying is behaviour that deliberately makes another person feel uncomfortable, distressed or threatened.

Bullying is repeated over time.

Bullying makes those being bullied feel powerless to defend themselves.

### What types of bullying are there?

- Emotional (being unfriendly, excluding, tormenting, threatening behaviour)
- Verbal (name calling, sarcasm, spreading rumours, teasing)
- Physical (pushing, kicking, hitting, punching or any use of violence)
- Extortion (demanding money/goods with threats)
- Cyber (all areas of internet, email and internet chatroom misuse. Mobile threats by text messaging and calls. Misuse of associated technology ie: camera and video facilities including those on mobile phones.
- Racist (racial taunts, graffiti, gestures)
- Sexual (unwanted physical contact, sexually abusive comments)
- Homophobic (because of, or focussing on the issue of sexuality)
- Hate crime (bullying because of disability, race, religion, sexual orientation or transgender)

### What are the signs and symptoms of bullying?

A person may indicate by signs or behaviours that they are being bullied. Everyone should be aware of these possible signs and should investigate if the person;

- Is unwilling to go to school
- Becomes withdrawn, anxious or lacking in confidence
- Becomes aggressive, abusive, disruptive or unreasonable
- Starts stammering
- Threatens or attempts suicide
- Threatens or attempts self harm
- Threatens or attempts to run away
- Cries themselves to sleep at night or has nightmares
- Feels ill in the morning
- Performance in school work begins to drop
- Comes home with clothes torn, property damaged or 'missing'
- Asks for money or starts stealing money
- Has dinner or other monies continually 'lost'
- Has unexplained cuts or bruises
- Comes home 'starving'
- Bullying others

- Changes in eating habits
- Is frightened to say what is wrong
- Afraid to use the internet or mobile phone
- Nervous or jumpy when a cyber message is received
- Gives improbable excuses for their behaviour.
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### **How can we prevent Bullying?**

Bullying in any form is not acceptable. This can be done by:

- Developing an effective anti-bullying and behaviour policy and practice. The Academy will then become a safer and happier environment, with consequent improvements in attitudes, behaviour, and relationships and with a positive impact on learning and achievement.
- Work in Oak View Academy, which develops empathy and emotional intelligence (SEAL).
- Any incidents treated seriously and dealt with immediately.

### **Why is it important to respond to bullying?**

#### **Bullying Hurts!**

Everybody has the right to be treated with respect.

Everybody has the right to feel happy and safe.

No-one deserves to be a victim of bullying.

Bullies need to learn different ways of behaving.

**Our Academy will respond promptly and effectively to reported incidents of bullying or hate crimes.**

#### **Safeguarding**

Safeguarding is everyone's business and the school takes the responsibility of safeguarding our staff and learners extremely seriously. SEE SAFEGUARDING POLICY.

#### **Online Safety**

Whenever a child uses the internet it is important we are aware of this activity. Online Safety is a priority in all learning. Zip it, Block it, Flag it. SEE ONLINE SAFETY POLICY.

### **Responses to Bullying**

Pathways of help – next page

## PATHWAYS OF HELP

Child is bullied



### Step 1

Student personally approaches:  
Buddy/Peer Mentor  
Class Teacher  
Non Teaching trusted member of  
the Academy community  
Support Staff

**If continues**

### Step 2

Student meets with class teacher  
Discussion on the facts  
Suggested ways forward  
Short review time

**If continues**

### Step 3

Discussion/Interview with all parties  
Will use: suggested and agreed actions/strategies  
Parents informed  
Short term review

**If continues**

### Step 4

Senior member of staff  
Directs to a variety of help strategies delivered by 'trained' personnel eg.

- Restorative justice
- Mediation/counselling
- Anger management training & self help
- Peer Mentor/Buddy support
- External Agencies - Connexions
- Circle of friends

**If continues**

### Step 5

Headteacher and Chair of Governors inform/seek advice

## **Support Agencies**

**Anti-bullying Alliance** - the alliance brings together over 60 organisations into one network with the aim of reducing bullying. Their website has a parent section with links to recommended organisations who can help with bullying issues

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### **Kidscape**

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

02077303300

**Childline** – advice and stories from children who have survived bullying

08000 1111

### **Bullying on line**

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

**Parentline Plus** – advice and links for parents [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)

08088002222

### **Parents against Bullying**

01928 576152

## **Useful sources of information**

**Stonewall** - the gay equality organisation founded in 1989. Founding members include Sir Ian McKellen. [www.stonewall.org.uk](http://www.stonewall.org.uk).

**Cyberbullying.org** - one of the first websites set up in this area, for young people, providing advice around preventing and taking action against cyberbullying. A Canadian based site [www.cyberbullying.org](http://www.cyberbullying.org)

**Chatdanger** - a website that informs about the potential dangers online (including bullying), and advice on how to stay safe while chatting [www.chatdanger.com](http://www.chatdanger.com)

**Think U Know** - the Child Exploitation and Online Protection Centre (CEOP), has produced a set of resources around internet safety for secondary Academies [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Know IT All for Parents** – a range of resources for primary and secondary Academies by Child net International. Has a sample family agreement [www.childnet-int.org/kia/parents](http://www.childnet-int.org/kia/parents)

**Proud Trust** - the organisation set up to support children with their sexual identity. They also run a network of youth groups for LGBT youth. [www.the-classroom.org.uk](http://www.the-classroom.org.uk) provide useful lesson plans

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