



## **Patterdale C of E Primary School**

*A loving family in a unique environment*

# **BULLYING POLICY**

Based upon discussion with the children of  
Patterdale C of E Primary School

**March 2025**

<u>Approved by</u>	
Name:	<b>Andrew Callaway</b>
Position:	<b>Chair of Governors</b>
Signed/dated:	<i>A Callaway</i>
Date of Policy:	<b>March 2025</b>
Proposed review date <sup>2</sup> :	<b>For T&amp;L Committee meeting in Spring Term 2027</b>

# REVIEW SHEET

The information in the table below details earlier versions of this document with a brief description of each review and how to distinguish amendments made since the previous version date (if any).

Version Number	Version Description	Date of Revision
1	Original	January 2018
2	Review and one very minor amendment	January 2020
-	Reviewed no changes	March 2022
-	Reviewed no changes	January 2024
3	Updated by the staff and children	March 2025

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- What is Bullying?
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**The children use the Kidsafe definition to understand what bullying means:**

***Bullying is something that happens Several Times On Purpose - STOP***

### **What is Bullying?**

- Being called names
- Being excluded
- Being teased
- Having things taken or hidden
- Being hit, punched, kicked, tripped or deliberately injured
- Being made to do something, or say, such as give something away, even money
- Spreading rumours or nasty stories about someone
- Sending nasty emails, text messages or social media messages
- Carrying something on, against a person's wishes
- Hurting people's feelings
- Spoiling ambitions/dreams/games/ides
- Threatening people
- Cornering/trapping someone
- Blackmailing someone
- Drawing/writing something nasty about someone and showing others
- Following someone when they don't want to be followed
- Saying someone is too ..... to be able to do something
- Taking nasty pictures and posting on social media
- Breaking personal belongings, for example, glasses
- Saying unkind things
- Hiding behind a wall and jumping (not a game)
- De-facing/ruining someone's work or game
- Ganging up on someone

### **Who gets bullied?**

Anyone can be bullied; some children may be more vulnerable than others. They might act or look different from others, but they might not. It can happen to anyone at any time. Sometimes bullying can be racist, sexist or homophobic.

Any child can be bullied and although none of these characteristics can excuse it, certain factors can make bullying more likely:

- Lacking close friends in school
- Being shy
- An over protective family environment
- Being from a different racial or ethnic group to the majority
- Being different in some obvious way, such as stammering
- Having educational needs or a disability
- Behaving inappropriately, intruding or being a nuisance
- Possessing expensive things such as mobile 'phones or computer games
- Appearance – tall/small/glasses/hair/clothing
- If you can't do something that most other people can

- If you are clever/ have really good grades and like school
- If you find things hard at school
- If you have a friend much older/younger/opposite gender
- Something to do with your name
- Being too bossy/loud/shy/quite
- Your religion
- Anything that makes someone jealous
- Being really good/bad at a sport
- Being rich or poor
- When you may have toys that someone thinks you are too old for
- Being a bully
- If you are seen to be very helpful

### **Who bullies?**

Again, almost anyone can be a bully. Including individuals/groups:-

- Who may have been bullied themselves
- Who think they are better than other people
- Who have an unhappy home life
- Who are retaliating
- Who have anger issues
- Who are jealous
- Who are popular
- With lack of friends
- Who join in with arguments

A bully can act independently or with a group

### **Symptoms of bullying**

Victims may be reluctant to attend school and are often absent. They may be more anxious or insecure than others, having fewer friends and often feeling unhappy and lonely. Victims can suffer from low self-esteem and negative self image, looking upon themselves as failures-feeling stupid, ashamed and unattractive.

Other signs may include:-

- Be annoyed, grumpy and angry
- Retaliation
- Stop eating
- Stop doing school work, lose concentration
- Too scared to try things
- Keeping things in and not telling anyone
- Being quiet and afraid to speak
- Staying in own room

Victims may present a variety of symptoms to health professionals, including fits, faints, vomiting, limb pains, paralysis, hyperventilation, visual symptoms, headaches, stomach aches, bed wetting, sleeping difficulties and sadness. Being bullied may lead to depression or, in the most serious cases, attempted suicide. It may lead to loneliness and lack of trust in adult life.

### **How will our school deal with bullying?**

Firstly, we recognise that bullying can take place in our school; it is rare, but it can happen. We make every endeavour to ensure that children understand what bullying is and how to deal with it, through PSHE, Circle Time, Worship Time and discussion when it arises. We have a trained ELSA in school that is available to work with individuals and small groups, when necessary. We also teach the children about bullying using the Kidsafe scheme.

Children are encouraged to talk about bullying and to tell if they are being bullied. If we – the staff are informed about bullying we will:

- Never ignore suspected bullying
- Never make premature assumptions
- Listen carefully to all accounts
- Adopt a problem-solving approach which moves pupils on from justifying themselves
- Follow-up repeatedly, checking bullying has not resumed.

### **Mediation**

We will:

- Hold brief non-confrontational, individual 'chats' with each pupil in a quiet room without interruptions – the bullying pupils first
- Get agreement with each that the bullied pupil is unhappy and that they will help improve the situation. Ask them how, but if they can't, tell them
- Chat supportively with the bullied pupil – helping them to understand how to change if thought to have 'provoked' the bullying
- Check progress a week later, then meet all involved to reach agreement on reasonable long-term behaviour – at this stage, participants usually cease bullying
- Check whether the bullying starts again or targets another pupil. If bullying persists, combine the method with another action targeted specifically at that child, such as parental involvement.

If bullying persists, exclusion would be the last resort.