

## What is Bullying?

**Bullying will not be tolerated at Blenheim High School and we operate a robust anti-bullying policy.**

Bullying is when a person or persons deliberately hurt others over a sustained period of time. Bullying makes the victim(s) feel uncomfortable and intimidated and often results in pain and distress to the victim(s). These are just some ways that victims describe bullying:

- Being called names
- Being stalked
- Being teased
- Being physically assaulted
- Being forced to hand over money, mobile phones or other possessions
- Getting abusive or threatening text messages, e-mails, or hurtful social network comments
- Having rumours spread about them
- Being ignored or left out
- Being picked on because of their religion, gender, race, sexuality, social background, appearance or disability

Students accused of bullying may need help just as much as those being bullied. Their behaviour may be connected to hidden personal and social problems. They may be manipulated by other children, or they may be falsely accused.

## Advice and Tips

### Spotting The Signs

There is no absolute certain way of spotting that a child is being bullied or is bullying others. Things such as a change in attitude, an unexplained illness, not wanting to go to school, bruising or torn clothes may all have a simple explanation, or they may be the result of something more serious.

Children can go to very great lengths to hide from adults the fact that they are being bullied. They may be afraid that they will be seen as cowardly or weak. They may not want to tell tales or 'grass' on others in their class. They may even be afraid that talking to an adult will lead to even more problems or more trouble for them or that the adult will be unable or unwilling to help them.

You know your child. The best advice is to trust your instincts. If you are worried, discuss your worries openly and honestly with your child.

**Blenheim High School is committed to ensuring all students and staff feel safe in the school environment. We recognise that all students have the right to study and work in conditions which are free from undue anxiety, stress and fear.**

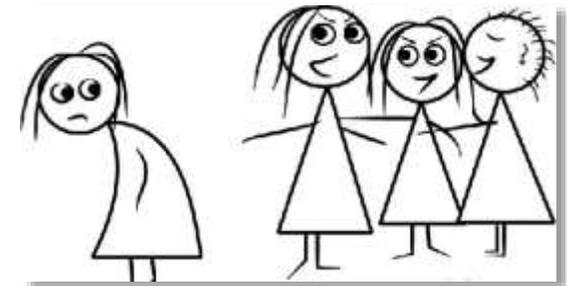


## Blenheim High School



## Anti-Bullying

### Strategies on how to deal with bullying issues as a Parent/Carer



Tel: 01372 745333

Web: [www.blenheim.surrey.sch.uk](http://www.blenheim.surrey.sch.uk)

*All staff email addresses can be found on the new school website under 'The School' – 'Staff' – 'Teaching Staff' click on the relevant staff name to email directly*

## Blenheim High School procedure for dealing with bullying incidents

- The **FIRST** time there is an incident or a friendship issue which could potentially become bullying, it should be immediately dealt with by the teacher who is initially made aware of it and reported to the student's Form Tutor and AHOY via PARs – logged as a behaviour incident Friendship issue Stage 1.
- For **SECOND** incidents involving the same students, the HOY or AHOY should investigate and put in place appropriate interventions such as conflict resolution/ restorative justice and sanctions and support mechanisms for all parties. The parent/carer will be informed. Action should be logged on PARs as Friendship issue Stage 2.
- The **THIRD** incident involving the same students should be referred to Senior Learning Manager KS3/4 and the parents informed. An interview with the parents may be appropriate and support from pastoral staff and/or outside agencies may be sought. The incidents should be clearly logged on PARs as bullying and transferred to the Central Log.
- Any further incident involving the same students could result in exclusion.

### **NOTE:**

**Any incident deemed serious enough at any point may be directed to a member of the Leadership Team and the above process fast tracked. Exclusion could be a sanction at any point in these cases.**

## Listening to and talking with your child

**Here are some things to remember if you are talking to a child who you believe is being bullied at school:**

- Be patient - make time to listen to your child.
- Ask questions, but do it sensitively - don't interrogate.
- Show your child that you care. Be careful not to say or do anything which could make an already anxious or sensitive child feel even more alone.
- Do not take any action before you discuss with your child what you could do, and what he or she could do. It may take a little longer for you to both to agree the best course of action than if the decision is taken by the adult alone, but this is time well spent. But make sure you do something. If bullying goes on for a long time it can cause serious damage to a child's educational and personal development.
- Do not make promises you can't keep. It is very important that your child knows that he or she can trust you. For example, if your child is reluctant to talk to you do not promise confidentiality in an effort to make it easier for the child to speak. Remember - if you discover that a child could be in serious danger, whether that danger comes from an adult or another child, you must act - even if the child wants you to do nothing.
- Tell your child that he or she has done the right thing by talking about what has happened, that bullying is wrong, and that those who are doing the bullying must change their behaviour.



## Talk to your child's form tutor

**If your child is being bullied at school your first course of action is to talk to their form tutor.**

- It is best to go to the school to do this. Emailing the form tutor or calling the main office to make an appointment would ensure you could speak to them as soon as possible.
- If the bullying incident is serious you may be upset when you speak to the teacher so here is a checklist of things to remember:
  - ❖ How long has the bullying been going on?
  - ❖ Do not exaggerate. Be honest and stick to the facts as you know them. Teachers need to know how serious the bullying is if they are to make judgements about the best course of action.
  - ❖ Make a note of everything you know about the bullying before you speak to the teacher so that you do not forget to mention any important points.
  - ❖ Remember that this may be the first time that the teacher has heard about the bullying and remember that your child may not have told you all the facts.
  - ❖ Find out what action the school intends to take.
  - ❖ Arrange to contact the school again so that you can discuss any action that has been proposed.
  - ❖ After the meeting, you may wish to make a note of anything that has been decided.
  - ❖ If you are not happy with the action proposed, make an appointment to see the Head of Year.

**Bullying in school can only be solved if parents, staff and students work together to find a solution**

**A HARD COPY OF THIS LEAFLET IS AVAILABLE FROM SCHOOL RECEPTION**