

## **Wingfield Primary School Anti-Bullying Charter**



At Wingfield Primary School, we do not tolerate bullying; we will stand up for our right to be safe and happy in our learning at school. We are a value-based school and our 10 core values are: co-operation, honesty, kindness, tolerance, respect, responsibility, forgiveness, peace, trust and resilience. These underpin our commitment to ensuring bullying does not go undetected or unchallenged.

At Wingfield:

- We are part of a community: together we achieve more.
- We understand and respect every one's differences; treating everyone fairly and equally.
- We will always tell an adult or friend when we feel there is a problem.
- We won't be tempted to fight back with words or actions.
- We are prepared to talk about problems; to resolve them by listening to all the points of view within the dispute fairly.
- We will work together to help the victim as well as the bully.
- We will accept support to help us to always show kind and respectful behaviour.

***"Choose Respect over Bullying! STOP, SPEAK, SUPPORT!" Wingfield Primary School Council 2018/19***

### **What is Bullying?**

There is no legal definition of bullying. However, it's usually defined as behaviour that is: repeated, intended to hurt someone either physically or emotionally, often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation.

### **School Council definition:**

Bullying is when a person or group of people are being picked on and hurt in some way and this happens many times not just once or twice. It can be that someone is hurt on their bodies by actions such as kicking, hitting, pushing, and tripping or it can be saying unkind things and using hurtful language to make someone feel upset and unhappy. There is also bullying that can happen on devices such as mobile phones and the internet.

We feel that:

- Everyone has the right to feel welcome, safe and happy both in school and at home.
- We should treat everyone with respect.
- If bullying should happen at Wingfield it will be dealt with quickly and effectively.
- Everyone should know where to go to get help and support if they are worried or something happens. In school; teachers, buddies, a member of staff you trust. At home; parents, family, friends.

### Year group definitions:

<b>Year 1</b>	Bullying happens lots of times, when someone keeps on hurting another person's feelings, by calling them names and using mean words, pushing and hitting them.
<b>Year 2</b>	<b>All of the above +</b> Bullying is when a person is hurt every day by a bully. Hurting someone means hurting their feelings with bad language or mean comments or hurting them physically. Bullying can happen online, in school, or at home. It can happen anywhere.
<b>Year 3</b>	<b>All of the above +</b> Bullying is when you are threatening people not to tell an adult and you are constantly hurting someone, verbally or physically. More examples are swearing, slapping, fighting, calling names.
<b>Year 4</b>	<b>All of the above +</b> Bullying is threatening someone and swearing. Bullying is excluding someone on purpose. Bullying is being unkind to someone who is different to you, for example if they have a different religion.
<b>Year 5</b>	<b>All of the above +</b> Bullying is repeated abuse of any kind which is not tolerable. It is not right for anyone to feel unsafe in school.
<b>Year 6</b>	<b>All of the above +</b> Bullying is making fun of people's appearance making them feel smaller than you actually are. Gossiping/spreading rumours about people. Also ganging up on people. This can be done in person or online.

### What types of bullying are there?

**Emotional:** Laughing at people, making fun of them, saying they are no good at something, excluding people from playing, saying unkind things about appearance, saying someone has something wrong with them that can be passed on if they touch you, being rude to someone, running away from them, threatening to hurt someone

**Verbal:** saying someone is not a friend and they cannot play/join in (excluding), shouting at them, calling them names, saying they are not good at something, being rude to a person about them or their family

**Physical:** hitting, kicking, punching, spitting, pushing, scaring/shocking, scratching, biting, spitting, tripping, throwing things at someone

**Cyber:** saying mean things about someone's appearance in photos online, texting/emailing threats, spreading rumours, calling someone names- **see cyberbullying charter**

All people are different – please consider and give examples for:

**Racist:** Calling people racist names, leaving people out because of skin colour, physically hurting someone because of race, saying people should leave the UK and go back to their own country

**Disablist:** Laughing at people who speak/look different because of a disability, running away from someone with a disability and not letting them join in (excluding), calling someone names because of their disability

**Appearance differences:** Saying someone's clothes, hair style, shoes, bags, glasses are rubbish/ugly, someone being called names because of their size, being called dirty

**Other:** Saying no one likes you because of your religion, saying something negative about gender e.g. girls are no good at football, name calling about the way someone smells or looks. Commenting negatively on someone's learning abilities.

### **Signs of bullying**

Regular occurrences of:

- ❖ Doesn't want to go to school, frightened to walk to and from school or use the bus
- ❖ Begs to be driven or walked with
- ❖ Changes usual routines
- ❖ Becomes withdrawn, quiet, lacking in confidence, anxious
- ❖ Become aggressive, abusive, disruptive
- ❖ Very unreasonable behaviour
- ❖ Stammering, self harming threats to run away or hurt themselves or others
- ❖ Cries themselves to sleep
- ❖ Often feels ill before school
- ❖ Learning levels drop at school
- ❖ Comes home with bruises more than every day accidents, bumps, scratches regularly
- ❖ Comes home with torn clothes, broken or 'missing' equipment
- ❖ Sudden need for money
- ❖ Changes in sleep patterns/ eating habits
- ❖ Frightened to say what is wrong
- ❖ Afraid to use internet or phone
- ❖ Nervous or jumpy when phone rings, text/ email alerts come through
- ❖ Gives excuses for their behaviour
- ❖ someone may change the way they speak to try and fit in
- ❖ someone might not want to go out to play
- ❖ a child may run away and hide
- ❖ someone might sit on their own at playtime
- ❖ a child may hide their face when someone talks to them
- ❖ they may change their appearance
- ❖ someone might ignore or walk away when people talk to them
- ❖ they could pretend to join in with the bullying and bully other people

### **Causes of bullying**

- a want to feel powerful
- jealousy
- to feel good/ better about themselves
- need to be in control
- because they want attention/ friends
- to look 'good' in front of friends/be popular/be 'clever'
- for fun
- peer pressure
- because they are feeling bullied themselves
- because they see/ pick on an easy target (the person is small, easy-target, won't tell, lonely or different in some way)

### **Preventing bullying**

- Circle times in class to talk about any issues
- Whole school assemblies to school values
- Anti-bullying week, learning about bullying behaviours
- Make sure we report ANY concerns
- Encourage all to follow the charter
- Point out/ have anti bullying phrases/ slogans/ notices around the school

### **Who can help in school?**

- EVERYONE
- Teachers
- Class assistants
- Learning support mentor
- The office team
- Mr Silcock
- Mrs Powell
- Parents
- Buddies
- Friends

# **Cyberbullying Charter**

## **School Council's definition of cyberbullying**

Cyberbullying is sending rude, unkind messages to someone online. It could also be someone commenting or sharing something inappropriate, like photoshopping a photo. This could be done on social media or online gaming platforms. It happens over and over again. It could be done by one person or a group of people.

## **How to stay safe online**

- Ignore and never respond to unkind comments
- Block people
- Never give out personal information
- Never arrange to meet someone
- Report anything to an adult
- If you are unsure, always ask an adult
- Do not click on anything that is above your age rating

## **Who can help if I experience cyberbullying?**

- Teachers
- Class assistants
- Learning support mentor
- The office team
- Mr Silcock
- Mrs Powell
- Parents
- Older sibling

**Who can help outside of school?**

Please tick if you agree:

<p>- Family information service FIS, Childrens services Floor 1 The Woolwich centre 35 Wellington street Woolwich Se18 6HQ Tel:02089216921 Email: <a href="mailto:fis@greenwich.gov.uk">fis@greenwich.gov.uk</a></p> <p>-National helplines/ advice:</p> <p>Anti-bullying Alliance <a href="http://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a></p> <p>Kidscape <a href="http://www.kidscape.org.uk">www.kidscape.org.uk</a></p> <p>Childline 08000 1111</p>	<p>Bullying on line <a href="http://www.bullying.co.uk">www.bullying.co.uk</a></p> <p>Family lives <a href="http://familylives.org.uk/">http://familylives.org.uk/</a></p> <p>Stonewall <a href="http://www.stonewall.org.uk">www.stonewall.org.uk</a></p> <p>cyberbullying <a href="http://www.cyberbullying.org">www.cyberbullying.org</a></p> <p>Internet chatrooms advice <a href="http://www.chatdanger.com">www.chatdanger.com</a></p> <p>Think U know (CEOP) <a href="http://www.thinkuknow.co.uk">www.thinkuknow.co.uk</a></p> <p>Know it all for parents – Childnet international <a href="http://www.childnet-int.org/kia/parents">www.childnet-int.org/kia/parents</a></p>
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I understand what is meant by bullying  
I know where to get help at school  
I know where to get help outside of school  
I believe Wingfield takes bullying seriously



Children please sign, print name and date

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Parents/ Carers please sign, print name and date

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