

BULLYING ENDS NOW



Blue Coat

Church of England School
& Music College

WHAT IS BULLYING?

At Blue Coat School we see a difference between conflict and bullying.

We define bullying as:

Actions or words that are intentionally hurtful, repeated often over a period of time and difficult for victims to defend themselves against.

In a bullying relationship one side has more power than the other side. In a conflict both sides have equal power and could both help to put an end to it.

WE SEE THAT THERE ARE FOUR MAIN TYPES OF BULLYING

Sexual

Unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, transphobic/biphobia abuse, exposure to inappropriate films, 'sexting' etc.

Emotional

Isolating others, tormenting, hiding possessions, threatening gestures, ridicule, humiliation, intimidation, exclusion, manipulation coercion, being unfriendly, excluding and tormenting.

Racist

Racial taunts, graffiti, gestures.

Bullying someone who has **Special Educational Needs** – because of learning or physical disabilities.

Sexist

Controlling and/or demanding behaviour towards someone because of his or her sex or gender including transgender. This can take place in many forms including verbal, physical, indirect, sexual and emotional.

Homophobic

Because of, or focusing on the issue of sexuality. This can take place in many forms including verbal, physical, indirect, sexual and emotional.

Physical

Hitting, kicking, taking belongings, aggression.

Verbal

Name calling, insults, making offensive comments including those of sexual nature.

Indirect

Social exclusion and spreading nasty stories about somebody to other people about the victim.

Online

Sending malicious emails or text messages on mobile phones, inappropriate and persistent messaging and images through social networking sites.

It is a criminal offence in the UK to discriminate against the following:

- age
- disability
- gender reassignment
- marriage and civil partnership
- pregnancy and maternity
- race
- religion or belief
- sex
- sexual orientation including LGBTQ+

SPOT THE SIGNS


THESE ARE POTENTIAL SIGNS THAT YOU COULD LOOK OUT FOR IF YOUR CHILD OR SOMEBODY IS BEING BULLIED AT BLUE COAT

- Physical injuries such as unexplained bruising
- Lost or damaged belongings: clothing, books, electronics, jewellery
- Asking for, or stealing, money (to give to a bully)
- Changes in eating habits, like suddenly skipping meals or binge eating, coming home from school hungry because they did not eat lunch
- Being afraid to go to school, being 'ill' each morning, skipping school
- Changes to their route to school
- Declining progress, or loss of interest in school work
- Problems with sleeping or frequent nightmare
- Sudden loss of friends or avoidance of social situations, becoming distressed and withdrawn
- Feelings of helplessness or decreased self-esteem, being nervous, losing confidence
- Self-destructive behaviours such as running away from home, harming themselves, or talking about suicide
- Becoming more aggressive or even bullying others themselves



CONTACT YOUR CHILD'S HEAD OF
HOUSE OR THE PASTORAL TEAM ON
TEL: 02476 223 542

THOSE WHO ARE
CARRYING OUT
BULLYING BEHAVIOURS
MAY DISPLAY THE
FOLLOWING SIGNS
AND SYMPTOMS





SEE SOMETHING,
SAY SOMETHING
RESPECT FOR ALL,
FROM ALL

THOSE WHO WITNESS BULLYING BEHAVIOUR MAY ALSO BE SUFFERING. THEY MAY:

- Become reluctant to go to school
- Be frightened or unable to act
- Feel guilty for not doing anything to help
- Involvement in physical or verbal fights
- Have friends who bully others
- Increasingly aggressive, or hold a positive view of aggression
- Low concern for others feelings
- Bossy and manipulative behaviour
- Getting into trouble at school frequently
- Unexplained extra money or new belongings
- Blaming others for their problems
- No or little responsibility for their actions
- Don't recognise their impact of their actions
- Competitive and worried about their reputation or popularity

CONFLICT

BULLYING SOMETIMES STARTS WITH A STUDENT BEING IN CONFLICT.

The conflict situations can originate from the following:

- Posting on social media - indirect or directly targeted to be unkind
- Unkind comments on a post
- Small friendship conflict
- Gossip / Rumour
- 'Well I had to tell them comments like'
- Boyfriends/ Girlfriends/ Ex's
- Missed arrangements
- Banter

What can parents do to help?

Here are some helpful strategies if you think your child may be a victim of bullying behaviour:

- Staying calm, supportive and reassuring
- Talk to them, and listen to them without blaming
- If it is bullying, assure them it is not their fault
- Inform us and work with the school
- Model respectful relationship
- Do not tell the child to ignore the bullying
- Do not tell them to physically fight back
- Advise them to be assertive and tell someone every time something happens
- Do not approach the perpetrator yourself

HELPFUL STRATEGIES IF YOU THINK YOUR CHILD IS INVOLVED IN BULLYING BEHAVIOUR. SUPPORT BY:

- Staying calm, supportive and reassuring
- Talk to them about their behaviour and listen to them without blaming
- Listen to what others are saying as well
- Help your child to accept responsibility for their actions
- Help your child to understand how the victim might feel
- Help your child to understand what behaviour may be more appropriate
- Make clear rules and consequences for their behaviour
- Inform us to work with the school
- Model respectful relationships



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THE ROLE OF BLUE COAT SCHOOL

INFORMATION REGARDING A CONFLICT OR POTENTIAL BULLYING INCIDENT COULD BE RECEIVED FROM NUMEROUS SOURCES WITHIN AND OUTSIDE OF THE SCHOOL COMMUNITY, BUT DIRECT REPORTS ARE MOST COMMON.

Once this information has been received by a Head of House or the pastoral team, the following action are taken:

- Statements are taken from victim, perpetrator and witnesses
- Investigations will include conversations with individuals involved and witnesses
- Conversations and review of the evidence by the Head of House or pastoral team
- Pastoral team will decide if this conflict or bullying?
- Decisions to actions to be taken by the Head of House
- Communication with parents and students involved
- Incident reported by the teachers using SIMS and Class Charts will enable us to track incidents and behaviour of groups and individuals
- Outcomes of the incident will be decided based on individual cases - conflict resolution, tailored support, mentoring, warnings, sanctions to be issued, restorative justice conversation where applicable and a tailored program for both victim and perpetrator
- Monitoring and tracking of individuals /situation to ensure appropriate support is in place or if further action is required

WE LISTEN

TALKING AND LISTENING TO STUDENTS IS THE MOST IMPORTANT COMPONENT OF OUR ANTI-BULLYING STRATEGY.

Students share their thoughts and feelings with us to ensure our work is relevant to young peoples lives within the school community. We have a dedicated team of Blue Coat anti-bullying ambassadors who have received regular training.

We work collaboratively with our students to:

- Improve strategies for challenging and raising awareness of conflict and bullying.
- Create and lead assemblies that are delivered to students and provide new ideas integrating the anti-bullying message into a tutor-led Worship Works programme and resources to challenge conflict and bullying within our community.
- Continue to improve communication between staff, students and parents.
- Review and update the anti bullying policy.

Blue Coat School will define and raise the awareness of the anti-social nature of bullying through the PSHE programme during tutorial time and in the national curriculum programmes of study as appropriate including Drop Down Day.

**SEE SOMETHING,
SAY SOMETHING
RESPECT FOR ALL,
FROM ALL**



WE INVEST

WE HAVE A WIDE RANGE OF RESOURCES TO SUPPORT OUR ANTI-BULLYING POLICY:

- All staff are trained in safeguarding including anti-bullying strategy
- Staff are excellent listeners, watchers, challengers and reporters.
- Anti-bullying themed tutor programmes, worship works and assemblies.
- Assemblies and lessons that promote good citizenship within our community and society.
- Clearly identified school values, which are explicitly taught and promote across the school; care, hard work, respect, integrity, servanthood and togetherness.



ALL FORMS OF SEXIST, HOMOPHOBIC, BIPHOBIC, TRANSPHOBIC, INCLUDING LGBTQ+ BULLYING IN OUR SCHOOL IS UNACCEPTABLE BEHAVIOUR AND SHOULD BE REPORTED TO BEN!

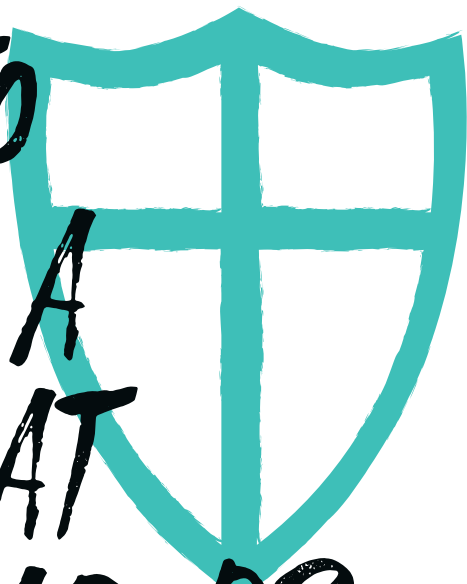


WHAT WE DO AT BLUE COAT

- Drop down day
- PSHE during tutor time
- Blue Coat Anti-bullying ambassadors
- Staying safe assemblies
- SIMS Conflict & Bullying Log
- Continual improvements of strategies in conjunction with the student voice
- Email report mechanism (B.E.N)
- Ben Card (Bullying Ends Now)
- Celebrating difference and diversity within our community throughout the year
- Anti-Bullying week
- Internet Safety Week
- Individual sessions for the victim and aggressor

OUR SCHOOL VISION...
LIVING LIFE IN
ALL ITS FULLNESS!

WANT TO
BECOME A
BLUE COAT
AMBASSADOR?



FIND OUT MORE
INFORMATION FROM
THE PASTORAL TEAM

**BULLYING
ENDS
NOW!**



*EMAIL BEN IF YOU ARE BEING
BULLIED OR IF YOU ARE WORRIED
ABOUT SOMEONE BEING BULLIED*

CAVELL

bencavell@bluecoatschool.com

DORSEY

bendorsey@bluecoatschool.com

LEWIS

benlewis@bluecoatschool.com

PARKS

benparks@bluecoatschool.com

WILBERFORCE

benwilberforce@bluecoatschool.com



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