

Where to go for advice

Within school

If you have any concerns about bullying involving your children, please contact your child's tutor.

Phone: 01275 463371

Email: mailbox@backwellschool.net

In addition there is a specific email address that you can use to inform the school of concerns that you have for any child's safety.

Email: studentsafety@backwellschool.net

The school's anti-bullying policy can be found on the school's website.

Outside agencies

There are many good agencies that work to prevent bullying. The agencies that we have found to have the most useful advice for parents are:

The Anti-bullying Alliance

<http://www.anti-bullyingalliance.org.uk/>

Beatbullying

<http://www.beatbullying.org/>

Kidscape

Parent helpline: 08451 205204

<http://www.kidscape.org.uk/>

What the school does to tackle bullying

Backwell School takes seriously the prevention of bullying and the dealing of incidents of bullying. The school employs three different strands of procedures to tackle bullying:

- Preventative
- Intervention
- Support

Preventative measures

The school believes in creating a safe environment where students feel safe to share any concerns or fears. Preventative measures include giving guidance to help prevent bullying through assemblies, tutor time and lessons, supporting national activities such as National Anti-bullying Week and undertaking an annual safety survey where all students can give their views on how safe they feel in school.

Intervention measures

The school will deal with each incident based on the circumstances and interventions will vary from restorative meetings and friendship contracts through to formal exclusions.

Support

The school will offer support to both the victims of bullying so that they feel confident in school and also to children who act as bullies so that they can change the way that they behave towards other students. In addition our Parent Support Advisor can offer support for parents whose children are affected by bullying.



Anti-bullying Strategies

at

Backwell School



Guidance For Parents

What is bullying?

Bullying can be defined as deliberately hurtful behaviour by either an individual or a group, **repeated over time**, where it is difficult for those being bullied to defend themselves.

Bullying can take many forms but in simple terms the two main forms of bullying as:

- **physical** (e.g. hitting, kicking, theft)
- **emotional** (e.g. name calling, racist remarks, spreading rumours, excluding someone from social groups)

Bullying can include acts of prejudice, including for reasons of race, religious belief or sexuality.

Students should also be aware that the school will not tolerate students being bystanders where bullying occurs.

How to spot if someone is being bullied

There is no one set of behaviours that indicate that a student is being bullied. However, students who are being bullied may show changes in behaviour, such as becoming shy and nervous, feigning illness, taking unusual absences or clinging to adults. There may be evidence of changes in work patterns, lacking concentration or truanting from school.

What to do if you think that your child is being bullied

Don't panic – keep an open mind and give them a calm place to talk about what is happening

Reassure them that telling you was the right thing to do

Find out what they want to happen

Contact the school

What not to do!

DON'T let any anger get in the way of an open discussion

DON'T take the law into your own hands

DON'T take action before you know the full facts

What to do if you think that your child is a bully

Again, don't panic and don't instantly judge them

Don't instantly call them a bully – labels help no one

Talk to them calmly about what has been going on

Discuss how their actions might be affecting the other people involved

Contact the school

'Cyber bullying'

Bullying can take place electronically, through text messages, emails, social networking sites and internet websites. This is known as cyber bullying.

Cyber bullying can lead to students having no respite from bullying activities and feeling as though their privacy at home has been invaded. The nature of social networking sites can also lead to the number of students involved increasing through the action of merely clicking one button.

Cyber bullying can:

- be threats and intimidation; harassment or 'cyber-stalking';
- be name calling/defamation; exclusion or peer rejection; impersonation;
- unauthorised publication of private information or images
- take place across age groups and include school staff and other adults

What you can do to help

- Be alert to whether your child seems upset after using the internet or their mobile phone
- Talk with your children to promote the positive use of technology
- If they do receive nasty comments, remind your child not to retaliate.
- Keep the evidence of offending emails, text messages or online conversations.
- Report cyberbullying to the school