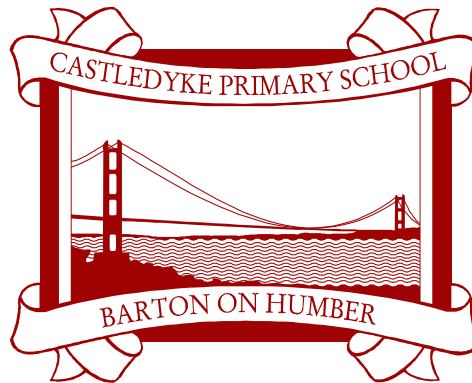
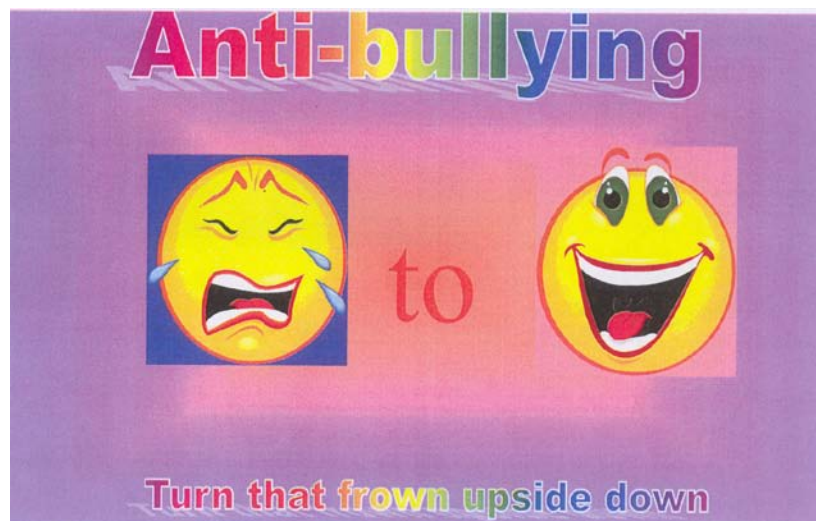




North Lincolnshire Anti-bullying
Strategy and Behaviour and
Attendance National Strategy



Castledyke Primary School Anti-Bullying Policy



Logo won by a pupil from Castledyke Primary School

Contents

What is bullying?	3
Why are we against bullying	4
Types of bullying	5
Signs and symptoms of bullying	8
Why do people bully?	9
Pathways of help	10

What is bullying?

Bullying is when someone is being hurt on purpose by someone else. It is the same people or person doing it again and again.



Bullying makes people feel upset, lonely, pressured, threatened, scared, uncomfortable or confused.



Why are we against Bullying?

We are against bullying because every one should be able to feel safe, secure and happy.



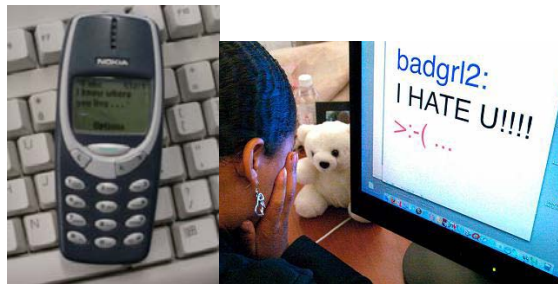
Bullying STOPS us from feeling this.



Types of Bullying



- Physical: EG: punching, kicking.



- Cyber: EG: text, internet, web cam.



- Isolation: EG: leaving people out, not including, excluding.



- **Verbal:** EG: name calling, mimicking, making fun of families, belongings.



- **Cultural:** EG: making fun of different religions, family background.



- **Racist:** EG: making fun of people because of colour, family background, features.



- **Emotional:** EG: hurting feelings, tormenting, neglecting.

- **Stealing (extortion): EG: taking belongings, money or threatening to do so.**
- **Homophobic: EG: calling people gay without knowing meaning.**
- **Sexual: EG: unwanted physical contact, sexually abusive comments.**
- **Written: EG: note passing, letters, graffiti.**



What are the signs and symptoms of bullying

- "don't want to be here"
- Want to feel safe
- Property missing/broken quite a lot
- Scared of going places on your own, e.g. dinner hall, toilets playground, to and from school, clubs
- Skipping school
- Changing how they look
- Scared/ nervous when using their phone or computer
- Takes away your personality
- Not being themselves

Worried, sad, bad about themselves, shaky, nervous, frightened, tired, physically ill, jumpy, lonely

MIGHT START TO.....

Be a bully, nasty or cross, steal, hurt themselves, rude, skip food or eat more, do something they wouldn't usually do, stop doing school work well or at all.

They won't say why these things are happening to them.

IT'S NOT YOUR FAULT!

Why Do People Bully?

People bully for different reasons.

The reasons could be:

- to feel powerful
- jealousy
- to feel good about themselves
- to be in control
- because they want something (attention, possession or friends)
- to look good in front of other people
- to feel popular
- because of peer pressure
- to be big/clever
- for fun
- they are being bullied themselves
- they see and pick on an easy target (small, won't tell anyone, lonely or different in some way)



PATHWAYS OF HELP

STEP 1



- TELL SOMEONE
TEACHER/FRIEND/PARENT/COUNSELLOR/
MEMBER OF STAFF

STEP 2



- TALK IT THROUGH:
WHO?
WHAT?
WHEN?
WHY?
HOW OFTEN?
- ADULT TO TALK TO THE BULLY
- ALL INVOLVED AGREE WHAT TO DO.

STEP 3

IF THE PROBLEM CONTINUES



- ADULT
- CIRCLE TIME
- MEDIATION BETWEEN BOTH GROUPS
- CONSEQUENCES AGREED
- PARENTS NOTIFIED



STEP 4



IF THE PROBLEM STILL CONTINUES
FURTHER PLAN:

- PARENTS ARE BROUGHT IN FOR A DISCUSSION
- INTRODUCE IN-SCHOOL PROGRAMMES FOR BOTH BULLY AND VICTIM.
- OUTSIDE HELP SOUGHT (ANTI-BULLYING SERVICES)

STEP 5



IF THE PROBLEM IS STILL NOT RESOLVED

- HEADTEACHER AND CHAIR OF GOVERNORS INVOLVED



ACKNOWLEDGEMENT

Thank you to the following schools for their contributions:

Berkeley Junior School

Bottesford Infant School

Brigg Primary School

Brumby Engineering College

Castledyke Primary School

Crosby Primary School

Foxhills Technology College

Frederick Gough School

Frodingham Infant School

Hibaldstow Primary School

Holme Valley Primary School

Huntcliff School

John Harrison C E Primary School

Lincoln Gardens Primary School

Melior Community College

St Bernadette's R C Primary School

St Hugh's School

Winterton Junior School