

# DIMPLE WELL INFANT SCHOOL AND NURSERY



## ANTI-BULLYING POLICY

Approved by Governors

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## What is Bullying?

We have defined bullying as..... **deliberately hurtful behaviour repeated over a period of time, which may be verbal (including racism), physical, social or psychological.**

### **BULLYING CAN BE :**

**Physical:** pushing, kicking, hitting, pinching, hair pulling, spitting, any form of physical threats;

**Verbal:** name-calling, sarcasm, spreading rumours, persistent teasing;

**Emotional:** tormenting, threatening ridicule, humiliation, exclusion from groups or activities;

**Racist:** racial taunts, graffiti, gestures;

**Sexual:** unwanted physical contact, abusive comments

### **What we as a school can do to stop bullying?**

Be a 'telling school' where anyone who sees bullying or has it done to them, must tell an adult.

Inform the parents/carers of the bully of what has been happening.

Make the sanctions for bullying known to all the children.

Show all the children how to walk away from a bully.

Use assembly time on a regular basis to reinforce the message  
- bullying is not acceptable behaviour.

Use circle time and the SEAL curriculum on a regular basis to discuss issues around bullying.

### **No Blame approach**

This method, outlined in detail in the 'Bullying on-line' website is a **proven approach that focuses on the bullying** not the bully. The main idea behind this approach is to **solve the problem**.

For further information go to *www.bullying.co.uk*

### **There is a seven-step response to incidents of bullying :**

The teacher interviews the pupil who has been bullied

The teacher convenes a meeting with the people involved (victim, bullies, witnesses, pupils not directly involved)

The teacher explains the problem

The teacher asks the group for their ideas

The teacher leaves it up to them to implement

The teacher meets with the group, after a few days, to review the progress made.

The teacher will decide who, at this stage, needs to be informed.

### **Additional consequences if the No-Blame Approach does not work:**

Meeting called with the bully and his/her parents

The bully placed on a daily report

The bully will be given a fixed term exclusion if the bullying continues.