

# VICTORIA C.P. SCHOOL



## Anti-Bullying Policy 2026

Victoria C.P. School has consulted with the following groups in developing this policy:

- Pupils (via Questionnaire, PSE lessons, Circle Time, School Council, Healthy School's Committee, our Wellbeing Ambassadors and our Digital Leaders if there are issues with Cyber Bullying).
- Parents/carers
- Staff
- Governors
- Lunchtime supervisors (through discussion and Incidents Book)
- LA guidance
- Community police officers (workshops with children)
- <https://www.gov.wales/sites/default/files/publications/2019-11/rights-respect-equality-statutory-guidance-for-governing-bodies-of-maintained-schools.pdf>
- NSPCC

At Victoria C.P. School we are committed to providing a caring, friendly, and safe environment for all our pupils so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at Victoria C.P. School. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively.

### ➤ **What is Bullying?**

Based upon the definition from 050/2011: *Respecting Others guidance* which states that bullying is:

- “Deliberately hurtful (including aggression)
- Repeated often over a period, while recognising that even a one-off incident can leave a learner traumatised and nervous of future recurrence
- Difficult for victims to defend themselves against.”

Victoria C.P. School has defined bullying as:

- Behaviour which deliberately makes another person feel uncomfortable, distressed, or threatened.
- Bullying is intentional and repeated over time.
- Bullying makes those being bullied feel powerless to defend themselves.

### ➤ **Types of bullying behaviour**

Frequently, bullying behaviours arise from difference or perceived difference: Disability, ability, gender, appearance, or circumstance can make young people particularly vulnerable to bullying. Able pupils as well as those with learning difficulties may also be affected by this.

Victoria C.P. School identifies the following as types of bullying behaviour:

- **Emotional** - being unfriendly, excluding, tormenting, threatening behaviour
- **Verbal** - name calling, sarcasm, spreading rumours, teasing
- **Physical** - pushing, kicking, hitting, punching or any use of violence
- **Extortion** - demanding money/goods with threats
- **Cyber** - all areas of internet, email and internet chat-room misuse. Mobile threats by text messaging and calls. Misuse of associated technology i.e. camera and video facilities including those on mobile phones.
- **Racist** - racial taunts, graffiti, gestures
- **Sexual** - unwanted physical contact, sexually abusive comments
- **Homophobic** - because of, or focussing on the issue of sexuality

## ➤ **Signs and Symptoms**

A child may indicate by signs or behaviour that he or she is being bullied. Teachers, other staff, parents/carers and pupils should all be aware of these possible signs, and they should investigate if any of the following behaviour is observed:

- is frightened of walking to or from school
- doesn't want to go on the school bus
- begs to be driven to school
- changes their usual routine
- is unwilling to go to school (school phobic)
- begins to truant
- becomes withdrawn anxious, or lacking in confidence
- starts stammering
- attempts or threatens suicide or runs away
- cries themselves to sleep at night or has nightmares
- feels ill in the morning
- begins to do poorly in schoolwork
- always stays close to staff during play times
- comes home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home starving (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above
- is afraid to use the internet or mobile phone
- is nervous and jumpy when a cyber message is received

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated

## ➤ **Strategies for the school in dealing with and preventing bullying behaviour**

Victoria C.P. School fosters a clear understanding that bullying, in any form, is not acceptable. This is done by:

- **Dealing with bullying as a whole-school issue:**
  - Our policy has been reviewed and is in accordance with the latest guidance from the Welsh Assembly Government. Procedures to deal with incidents of bullying have been put into place and all staff are aware of these procedures.
  - Active involvement with pupils (particularly the Anti-bullying committee) in deciding upon definitions and ways to prevent and deal with bullying.
  - Pupils regularly discuss issues surrounding bullying during PSE lessons and during their Circle Time sessions. They carry out work based on the theme of bullying across the curriculum for example, in English they write poetry, stories and design posters. They use ICT skills to develop PowerPoint presentations to present to other children within our school. They convey their feelings and thoughts through role play. They study how groups of people have been bullied throughout History and the effects this has on society.
  - We celebrate Anti-Bullying week annually.
  - Regular praise of positive and supportive behaviour is used by all staff.
  - Any incidents are treated seriously and dealt with immediately.
- **Strategies to prevent bullying behaviour:**
  - **Circle Time** - helps to create a positive ethos and builds the self esteem of each child. It encourages children to take responsibility for the consequences of their actions.
  - **Our Buddies** – our older pupils undergo ‘Buddy’ training on issues such as: Listening skills, Questioning skills, Confidentiality, Child Protection Issues and Responsibilities. They offer a listening ear and non-threatening support for all our pupils and help to provide them with a sense of security.
  - **Peer Support Groups**
  - **Restorative Practice Training**
  - **Student Assistance Programme (SAP)**
  - **Friends for Life group**

## ➤ **Strategies for Parents**

It is important that all staff, pupils and parents should be aware that bullying exists and that we share a commitment to combat it and to make our school a happy place for everyone. We value the support of our parents and believe that it is key to the success of our anti-bullying strategies. Our parents are kept informed through:

- Parents’ Evenings
  - Anti-bullying week – guidance sent home
  - Leaflets
  - The school prospectus
  - Our website
  - Our ‘open door’ policy
  - Class Dojo
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- **Dealing with suspected incidents of bullying**

We ask parents to contact the school as soon as possible if they suspect that their child is being bullied. Parents should:

- Talk to the child calmly about the situation – try not to panic.
- Listen and reassure the child that coming to you was the right thing to do.
- Assure them that the bullying is not their fault and that you are there to support them.
- Make a note of what the child says.
- Find out what the child wants to happen next.
- Make an appointment to see the child's teacher as soon as possible.
- Discuss the next steps with the class teacher and make a note of the action to be taken.
- Agree upon a follow up meeting to review/monitor the situation.
- If you do not feel the situation is being dealt with successfully, make an appointment to see the Key Stage Coordinator.

If, following discussion, we confirm a child has been displaying bullying behaviour towards another pupil we will contact the parents to discuss the situation. We will ask parents to support us by:

- Talking to the child and explaining that this behaviour is wrong and makes others unhappy
- Showing the child how to join in with others without bullying
- Make an appointment to see the child's teacher as soon as possible (to discuss how the school and the parents together can help the child to change their behaviour)
- Talking to the child regularly about how things are going at school
- Giving the child lots of praise and encouragement when they are being kind and considerate to others.
- Remembering that a child is not a bully, it is the way that they are choosing to behave, and that behaviour can be changed. It is often the case that when a child chooses to bully others, they are often crying out for help themselves.

### ➤ **Strategies for Pupils**

At Victoria C.P. School we encourage all of our pupils to 'tell' someone if they are being bullied or if they know that another pupil is being bullied. At no point should they keep it to themselves. The person they choose to tell can either be:

- Another pupil
- A Buddy
- Class Teacher
- Another member of teaching staff
- A member of the anti-bullying committee
- Anti-bullying coordinator
- Teaching Assistant
- Lunchtime supervisor
- Head Teacher
- Parents/carers

If the child is unable to tell, they are encouraged to write a note and place it in the class worry box.

During PSE lessons, Circle time and Anti-bullying week pupils are shown ways of dealing with bullying behaviour. They learn ways of resisting peer pressure and are given possible ways of 'getting out' of threatening situations. If our pupils are faced with this situation, we encourage them to:

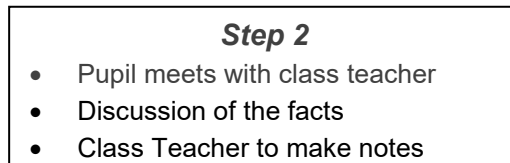
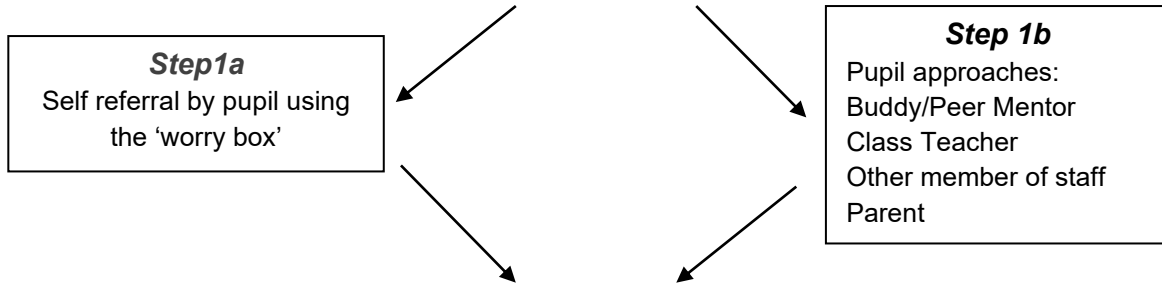
- Stay calm and act confident (even if they do not feel it)
- Tell the person who is bullying you that you do not like the way they are treating you
- Think of a reason to leave the situation (make something up if necessary)
- Tell someone in school straight away (if you can't report it immediately try to write down exactly what happened and who was involved)
- Tell your parents as soon as you get home
- Remember it is not your fault and you do not have to put up with it!
- Remember - as soon as you tell someone, the situation is going to improve!

If a child has been involved in a bullying incident the following procedures will be followed:

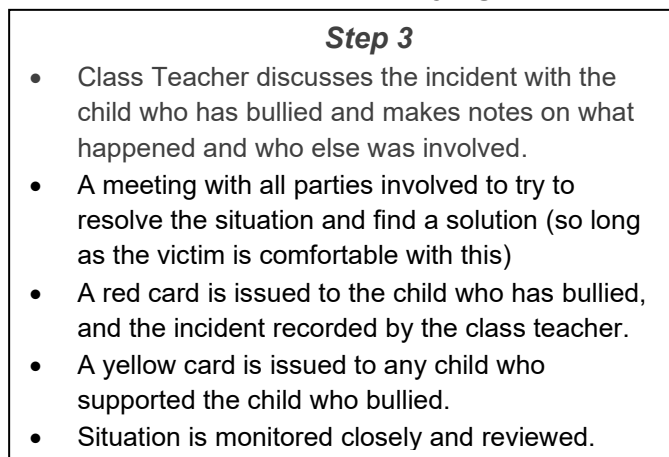
- A meeting will be held with both the victim and the child who has bullied. Both parties will be given a chance to share their feelings.
- If the child who has bullied shows remorse and recognises that they have acted wrongly, the incident will be recorded by the class teacher and the situation will be monitored closely.
- The child will be issued with a red consequence card and will miss out on privileges (see Behaviour Policy).
- However, if the child continues to bully the victim, the situation will be logged officially with the Anti-bullying Coordinator and Head teacher.
- The child's parents will be invited into school to discuss the matter and to discuss next steps.
- The child may be withdrawn from break and lunch times for a fixed period of time.
- Withdrawal from the group/class if necessary.
- Support from outside agencies e.g. counselling services.
- If all of the above steps fail in helping the child to change their behaviour, then it may be necessary to exclude the child for a fixed period (see Behaviour Policy).

## **PROCEDURES IN VICTORIA C.P. SCHOOL FOR REPORTING & DEALING WITH INCIDENTS OF BULLYING**

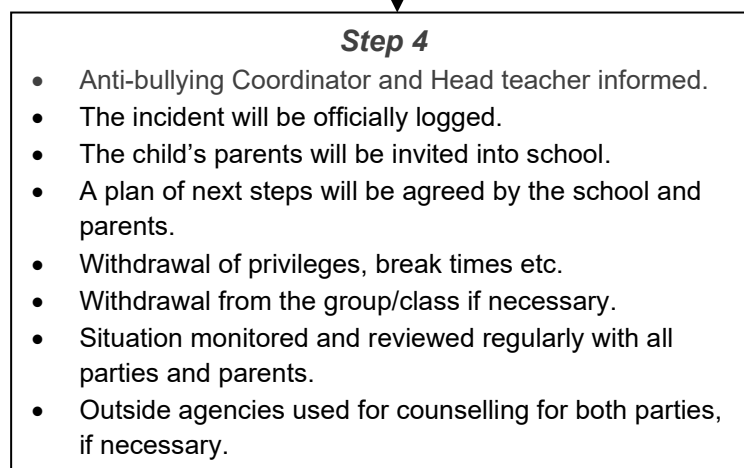
## Child reports they are being bullied



## Confirm it is bullying



## If continues



## If continues

