


Anti-bullying at Alexander McLeod

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2019



What is bullying?

Are there different types?

The Anti-bullying Alliance defines bullying as:

'The **repetitive**, intentional hurting of one person or group by another person or group.'

Types of bullying can be:

Referenced from the anti-bullying alliance <https://www.anti-bullyingalliance.org.uk/tools-information/all-about-bullying/what-bullying/aba-definition-bullying>

Psychological/emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion

Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling

Physical – pushing, poking, kicking, hitting, biting, pinching etc.

Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.

Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion

Is it bullying?

- Is it repeated? Can you tell without investigating?
- Is it intentional? How do you know?
- Is there remorse? How do you know?

What should you do if you think your child is being bullied?

- Speak to the class teacher
- Make appointment with Vanessa Johnson (home/school liason officer) or Mrs Welch (behavior officer)
- Make appointment with Mrs Shaw (designated safeguarding officer and behavior lead)

What are we doing as a school?

- Worry box outside SLT
- Weekly circle times
- Open door policy – Class teacher
- Restorative sessions – Friendships
- The Glade
- Mindfulness

How can you support your child at home?

- Monitor all online activity including the use of Whatsapp and YouTube
- Guidance on the Anti-bullying alliance website – <https://www.anti-bullyingalliance.org.uk/>
- Young minds website - <https://youngminds.org.uk/>
- School behaviour policy – Available on request or on the school website
- Childnet – <https://www.childnet.com/blog/captain-kara-and-her-new-smart-crew>
- Vanessa Johnson (family liaison officer)
- Olyvia Shaw (Behaviour Lead)

What about Cyberspace?

- Monitor use of Whatsapp, online gaming, social media, YouTube.
- Did you know to access these social media sites you have to be over a certain age?
- Facebook – 13+
- Instagram – 13+
- TikTok – 13+
- Musically – 13+
- Kik – 13+
- Snapchat – 13+