



# THE CLARE SCHOOL

## ANTI-BULLYING POLICY

The following document is 'Our Stand Against Bullying'.

Our motto is '**Don't suffer in Silence**'.

This document will be used within PSHE lessons and will be an integral part of life at The Clare School.

### **Worried about bullying?**

The Clare School believes that its pupils have the right to learn in a supportive, caring and safe environment without the fear of being bullied. All institutions, both large and small, contain some people with the potential for bullying behaviour. We treat it as a serious offence and make every effort to minimise the occurrence of bullying. The school also promotes positive relationships and good citizenship. It is made clear that bullying is a form of anti-social behaviour; it is wrong and will not be tolerated.

If bullying is suspected or reported we will investigate the matter by talking to the suspected victim, the suspected bully and any witnesses. If any degree of bullying is identified, the appropriate action will be taken. This may include help, support and counselling for both the victims and the bullies, as well as disciplinary action for those bullied. If a person continues to bully we will consider excluding such a person from school.

All incidents will be recorded on the appropriate 'School Incident Form' kept with the Phase Leaders for Early Years and KS1, KS2/3 and KS4/5.

### **What can you do if you are being bullied?**

- Remember that your silence is the bully's greatest weapon.
- Tell yourself that you do not deserve to be bullied and that it is **WRONG!**
- Be proud of who you are. It is good to be an individual.
- Try not to show that you are upset. It is hard but a bully thrives on someone's fear.
- Stay with a group of friends/people. There is safety in numbers.
- Be assertive. If you are able to, try to move away from a threatening situation. Go straight to a teacher or member of staff.
- Fighting back may make things worse.
- Generally it is best to tell an adult you trust straightaway. You will get immediate support.
- Teachers will take you seriously and will try to deal with bullies in a way which will end the bullying and will not make things worse.
- **Action on Bullying**
- **IF YOU KNOW SOMEONE IS BEING BULLIED:**
- **TAKE ACTION!** Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.
- If you feel you cannot get involved, tell an adult **IMMEDIATELY**. Teachers have ways of dealing with the bully without getting you into trouble.
- Do nothing that could be seen as supporting the bullying behaviour.

**What can parents do?**

- Encourage your own children - and other children you know - to tell someone if they are being bullied, or if they know about bullying that is happening.
- The Home/School book or telephone are useful ways to communicate if you child finds the problem too difficult to talk about directly to an adult at school.
- Listen to your children - and be aware of any unexplained changes in their behaviour.
- Help your children to accept that fighting back, or using similar aggressive behaviour to the bully, is NOT the answer.

We will respond to all reports of bullying. This response will include talking to the bullied and the bully. We ask parents to understand that bullying is a very complex issue and that to eliminate, or reduce it, takes TIME. We aim to teach students who are bullied how to respond, and to those who bully that there are other and better ways to behave.

We ask all parents to support us in this approach. Please contact us if you have any questions or concerns.

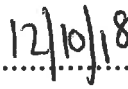
**We take reports of bullying behaviour seriously  
'DON'T SUFFER IN SILENCE'**

- Policy Review
- This Policy is available for all staff (held in the School Policy folders) and School shared resources. It is available, upon request, to the Governing Body, Parents, Stakeholders and interested parties.

This Policy is to be reviewed Autumn Term 2021

Signed .....  ..... Headteacher

Signed .....  ..... Deputy Headteacher

Date.....  .....

