

Bullying And You

Bowden House School
Students' Anti-Bullying Policy

What is bullying?

Bullying is something that someone does on purpose that is meant to hurt you. Sometimes it's the same thing done over and over again but sometimes it's a lot of small things that build up so that it affects the way you live your life. **Bullying will not be tolerated in Bowden House School.**

Bullying can mean many different things. These are some ways students have described bullying:

- being called names
- being teased
- being pushed or pulled about
- being hit or attacked
- having your possessions taken and thrown around
- having rumours spread about you
- being ignored and left out
- being forced to hand over money or possessions
- being attacked or teased or called names because of your religion or colour
- being attacked or teased or called names because of your sexuality
- being attacked or teased because of your past experiences
- receiving texts or any other social media messages that are hurtful
- being laughed and pointed at

Bullying hurts. It makes you scared and upset. It can make you so worried that you find it difficult to work well and feel comfortable both in and out of class. It can make you feel that you are no good, that there is something wrong with you. Bullies can make you feel that it is your fault.

Why do bullies do it?

- they have their own problems - they may feel upset or angry or feel that they do not fit in - perhaps they have problems at home?
- maybe they get bullied themselves, perhaps by someone in their own family or other adults?
- they are scared of getting picked on so they do it first
- they want to show off and seem tough
- many do not like themselves and so take it out on someone else

If you are bullying or have bullied in the past:

If you are bullying, or have bullied someone, it is a good idea to get some help. You could speak to: a teacher; your keyworker; another member of staff; a visitor to the school (Governor or the Counsellor) or contact Childline

- you can stop it now, you have a choice - make the right one!

- people who bully can do it as they may feel upset and scared. You can stop these feelings by ceasing to bully others
- you can get into trouble for bullying; you may lose your school or college placement; get into trouble with the Police or make life in school very difficult for everyone
- people who bully often have been bullied in the past or are having their own problems. If this is you, talk to someone do not take your anger and hurt out on others.

Our promise to you

If you come to us as a bully we will:

- be non-judgemental and listen to you
- help you to understand why you do this
- speak to other people to get further help, if required
- support you as long as the bullying ceases

If you are being bullied?

- you should never feel ashamed about being bullied it is not your fault but you must get help straight away
- talk to someone you trust and know can help you, a friend, teacher, a member of the care staff or someone in your family
- explain to them in full details what is happening and how you are feeling
- if you talk to someone and do not receive the help you require, remember no one deserves to be bullied - seek further help - we have listed these people above
- try to give facts and time and dates and as much information as possible
- try to keep yourself safe.

Our promise to you

If you come to us with a bullying issue, we will:

- take you seriously and act on the information given
- take a written statement from you with all the details of the bullying you have been subjected to
- inform all relevant people of your situation including the Child Protection Officers in the school
- put in place support to keep you safe and reassurance whilst the investigation is being carried out
- resolve the situation as soon as possible.

How to beat bullying

Here are some ideas about how you can deal with bullying. Think about your situation and what options might be best for you.

- do not ignore bullying – it will not go away on its own and it may get worse
- tell someone you trust – such as a teacher, keyworker or friend, if you feel more comfortable, write them a letter
- remember – it's not your fault. No one deserves to be bullied.

Here are some other things you might want to think about:

- keep a record - save any nasty texts or e-mails that you have been sent
- try to stay away from the bullies or stay with a group when you do not feel safe
- ask your friends to look out for you
- try not to retaliate – you could get into trouble or get hurt
- if you are being bullied in school by another student, talk to your keyworker, teacher, Heads of Care or another member of staff you feel you can trust
- try to act more confidently – even if you do not feel it
- fill in a Complaints Form which is available on the students' notice boards
- if you would prefer to speak to someone outside of the school, speak to a Governor or the Counsellor
- speak to your parents/carers or Social Worker, if you have one
- speak to the Ofsted Inspector

Helpful Contacts

Complaints Forms are on the students' notice boards and can be given to staff or anyone else you feel could deal with your complaint.

- Your Keyworker
- Heads of Care, Headteacher, Deputy Headteacher or Student & Family Co-ordinator
- Ofsted Inspector 0300 123 1231
- Childline 0800 1111
- Rights for Me (OCC) 0800 5280731
- Chair of Governors (in the school every week)



April 2015

School: Bowden House

Policy: Anti-Bullying

Agreed: Spring Term 2013

Responsibility: Governors

Review Date: Spring Term 2015
NMS amendments - April 2015

Signed by:
Chair of Governors
