



# Abbey College

**The Abbey College**  
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## Anti Bullying Policy

At the Abbey College we are committed to providing a caring, friendly and safe environment for all of our pupils so they can learn in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our school. If bullying does occur, all pupils should be able to tell and know that incidents will be dealt with promptly and effectively. We are a *TELLING* school. This means that *anyone* who knows that bullying is happening is expected to tell the staff.

### What Is Bullying?

Bullying is the use of aggression with the intention of hurting another person repeated over time. Bullying results in pain and distress to the victim.

Bullying can be:

Emotional	Being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures)
Physical	Pushing, kicking, hitting, punching or any use of violence
Racist	Racial taunts, graffiti, gestures
Sexual	Unwanted physical contact or sexually abusive comments
Homophobic	Because of, or focussing on the issue of sexuality
Verbal	Name-calling, sarcasm, spreading rumours, teasing
Cyber	All areas of internet ,such as email & internet chat room misuse Mobile threats by text messaging & calls Misuse of associated technology , i.e. camera & video facilities
Exclusionary behaviour	Intimidating, isolating or excluding a student from a group
General unkindness	Spreading rumours or writing unkind notes, phone texts or emails

### Why is it Important to Respond to Bullying?

Bullying hurts. No one deserves to be a victim of bullying. Everybody has the right to be treated with respect. Pupils who are bullying may be doing it intentionally, or may not realise the effect their behaviour is having on others, either way they need to learn different ways of behaving.

Schools have a responsibility to respond promptly and effectively to issues of bullying.

### Objectives of this Policy

- All teaching and non-teaching staff, pupils and parents should have an understanding of what bullying is.
- All teaching and non-teaching staff should know what the school policy is on bullying, and follow it when bullying is reported.

- All pupils and parents should know what the school policy is on bullying, and what they should do if bullying arises.
- As a school we take bullying seriously. Pupils and parents should be assured that they will be supported when bullying is reported.
- Bullying will not be tolerated.

### **Signs and Symptoms**

A child may indicate by signs or behaviour that he or she is being bullied. All staff should be aware of these possible signs and that they should report their concerns to the Principal if a student:

- changes their usual routine
- begins to miss lessons
- 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 school work
- has possessions which are damaged or "go missing"
- has unexplained cuts or bruises
- 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 & 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

If a student confides in you that they are being bullied please offer reassurance that they are doing nothing wrong and that it is not their fault that they are being bullied.

### **Procedures**

1. Report any bullying or suspected bullying incidents to the Principal who is then responsible for informing other staff both on the academic and pastoral side. Do not speak to the bullying student yourself  
In the case of cyber bullying a student's computer use will be monitored, and the student will be helped to delete certain accounts/friends, etc
2. If necessary and appropriate, police will be consulted
3. The bullying behaviour or threats of bullying will be investigated by the Principal and the bullying stopped quickly. Staff will be informed throughout the process and it will be recorded in the relevant staff meeting minutes
4. An attempt will be made to help the bully (bullies) change their behaviour
5. If the behaviour continues further action will be taken. This could include suspension or expulsion.

### **Outcomes**

1. The bully (bullies) may be asked to genuinely apologise. Other consequences may take place.
2. In serious cases, suspension or even exclusion will be considered
3. If possible, the pupils will be reconciled
4. After the incident / incidents have been investigated and dealt with, each case will be monitored to ensure repeated bullying does not take place.

## **Prevention**

We take action throughout the year to educate our students about bullying, the effect it has on others, and what students should do if they are being bullied. We do this;

- By talking about anti-bullying and cyber bullying in assemblies
- By displaying anti-bullying posters around the school
- By including bullying(including cyber bullying) in the PSHE syllabus
- To block offensive websites where possible
- To monitor student use of college computer accounts
- Incorporate the college anti-bullying policy into regular staff induction, training and meetings

## **HELP ORGANISATIONS:**

Advisory Centre for Education (ACE)  
Children's Legal Centre  
Youth Access  
Bullying Online

0808 800 5793  
0845 345 4345  
020 8772 9900  
[www.bullying.co.uk](http://www.bullying.co.uk)

[www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying)  
[www.antibullying.net/cyberbullying1.htm](http://www.antibullying.net/cyberbullying1.htm)  
[www.kidscape.org](http://www.kidscape.org)

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