

## **Belief Statement**

We believe that in the Catholic school community of St Andrew's, the total development of the child is paramount, the dignity of the individual is respected and Christian values are reflected in teachings and practices.

This community does not tolerate bullying or harassment. Students have the right to learn and play in a safe, friendly environment. We aim to establish a community in which everyone feels valued and safe and where individual differences are appreciated, understood and accepted.

## **Objectives of our Policy**

- To raise awareness among staff, students and parents about bullying/cyberbullying
- To provide students with strategies to resolve conflict and respect differences without resorting to bullying/cyberbullying
- To create a school environment where all students, staff and parents feel safe and welcome
- To create a climate where it is okay to talk about bullying/cyberbullying and ask for help
- To encourage students to become more resilient



## **What is Bullying?**

Bullying is any repeated behaviour which intends to hurt, injure, embarrass, upset or frighten another person.

Cyberbullying includes text or images posted on the internet, intranet or transmitted via email or mobiles.

### **Bullying comes in many forms:**

- Calling someone hurtful names
- Deliberately punching, hitting, bumping
- Teasing
- Spreading rumours about someone
- Deliberately ignoring, excluding or avoiding others
- Taking or damaging property
- Sending hurtful notes or emails
- It may be done directly (e.g. face to face) or indirectly (e.g. via mobiles or the internet)

### **What students can do**

Decide if it is bullying. If it is bullying, act to stop it.

- Be assertive, not aggressive
- Tell the bully to stop
- State clearly that the behaviour is unwelcome and unkind
- If he/she does not stop, then seek help from an adult
- You might prefer to write the incident down and give it to an adult
- Keep your password a secret and only give your phone number to those you trust
- Think before posting
- Do not open emails or text messages from people you don't know
- Do not respond
- Save evidence

Never ignore bullying. Care enough to do something about it, whether it affects you personally or not. Even as an onlooker it is your responsibility to report bullying.

## **What parents can do**

### ***Talk with your child***

- Encourage constructive responses – physical bullying or name teasing should be reported
- Remind your child that hitting back or retaliating with name calling won't solve the problem
- Encourage your child to talk to a member of staff or write down the incident, and give it to a staff member
- Encourage your child to become more resilient
- Be aware of what your child is doing on the internet
- Talk to your child about responsible use of technology
- Teach your child never to post or say anything that they wouldn't want the whole world to see or read.

### ***Discuss with staff member***

If bullying continues at school, make a time to discuss the matter with the class teacher, stating that it is a bullying issue.

### ***Set an example***

- Be firm and not aggressive in setting limits
- Show acceptance and tolerance of differences in others
- Never act as a bully
- Model conflict resolution and reconciliation

### ***Be alert for signs of distress***

Some possible indicators of bullying are:

- Unwillingness to attend school
- Dropping off in academic performance
- Damaged clothes and frequent loss of property
- Loss of confidence and mood changes
- Aggression towards siblings
- Nail biting, bed wetting, tiredness

# St Andrew's Catholic Primary School



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Companions on the Journey

## Policy on Bullying

Review annually

### What staff will be doing about bullying at St Andrew's

- Whole school programme 'Friendly Schools & Families' – 2008
- Parent information in newsletter
- Family activities sent home on a regular basis
- Not ignore bullying behaviour
- Providing quality supervision
- Reporting incidents of bullying to Administration team for action
- Making available to parents 'The Policy on Bullying'
- Teaching students conflict resolution and problem solving skills
- Offering confidence and assertiveness training to students involved in bullying incidents
- Discussing the issue of bullying regularly at staff meetings
- Cyberbullying is covered in Computer Education lessons.
- Mobile phones are handed in to the office during school hours
- Regular monitoring of student activity on the school's computers
- The school uses filters on its network
- All students and parents are required to sign an Acceptable Use Policy (AUP)

### Response Procedures to Reported Incidents of Bullying

- Teacher or administration staff meet with bully and child being bullied
- If appropriate to the child's age, provide an opportunity for the child being bullied to tell the bully what she/he did that was unacceptable; tell bully how she/he felt; ask the bully for the behaviour to stop. An apology may be offered at this time.
- Appropriate penalty which may include restriction of the use of school based technology (cyberbullying)
- Provide support for child being bullied as required
- Advise parents of incident

### Response to Repeated Incidents of Bullying

- All of the above
- Interview with a member of the Administration team, who will decide on further action which will also involve the parents

