



PARKSIDE MIDDLE SCHOOL ANTI-BULLYING POLICY

BULLYING IS REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE. BULLYING IS UNACCEPTABLE BEHAVIOUR.

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WHAT IS BULLYING?

- For someone to be bullied it has to have happened several times on purpose. Bullying is intentional (not an accident) and repetitive. A bully hurts someone on purpose repeatedly; it isn't an incident that happens only once. Bullying can be by one person or a group of people.



WHAT ARE THE MAIN TYPES OF BULLYING?

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Physical Bullying

- Hitting
- Smacking
- Kicking
- Punching
- Or any physical contact that is harmful

Verbal Bullying

- Name calling
- Threats
- Offensive remarks
- Insulting someone because of their religion, skin colour or background

Indirect Bullying

- Spreading nasty stories about someone
- Gossiping and leaving someone out from social groups
- Stopping someone from having a happy time at school

Cyber Bullying

- Sending nasty e-mails
- Sending nasty texts
- Making nasty phone calls

Sexual Bullying

- Unwanted physical contact/inappropriate touching
- Sexual name calling





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WHAT WE DO TO PREVENT BULLYING:

- We will do our best to prevent bullying by providing clear and consistent messages to staff and all pupils regarding expectations at Parkside Middle School.
- We will not ignore any incidents of bullying.
- We will ensure that all staff in the school are educated to spot the common signs and indicators of bullying and how to deal with bullying.
- We will make sure all pupils are aware of our Anti-Bullying Policy and The Parkside Standard.
- We will make it simple for students to report incidents of bullying for example talking to an adult or using the [“Speak-up button”](#) on our school website.
- We will educate students about joking behaviour or ‘banter’ which can be perceived as bullying.
- We will signpost pupils to support such as the school’s welfare and well-being team or other organisations and support groups.
- We will challenge casual discriminatory language or ‘slurs’ and will ensure that this is dealt with according to the school's Positive Behaviour, Attitudes and Relationship policy.



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The Parkside Standards

Our school community should all adhere to our school ethos and values. We should uphold the five Parkside Standards. These standards are non-negotiable.

- *We will keep ourselves and each other safe.*
- *We will work as a team always showing politeness, kindness and respect.*
- *We will always try our best and take pride in everything we do.*
- *We will wear the correct uniform with pride.*
- *We will be prepared and organised for the school day.*



ANTI-BULLY



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What to do if you think you are being bullied?

The first thing to do is tell a responsible adult that you trust such as a teacher, learning support assistant, a lunchtime supervisor or parent/carer. The staff at school will always take you seriously and sort out the problem. If you see someone being bullied, be a good friend to them and encourage them to do the right thing by telling an adult. If they are too scared, then you should tell a responsible adult immediately. Never join in! If you are not sure, speak to a responsible adult so that they can find out what is going on.



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What could happen to the person doing the bullying?

- Apologise to the victim verbally or in writing
- Lose privileges
- Lose part of a break/lunchtime
- Parents/Carers invited into school
- Go on behaviour report card for an appropriate period
- Be removed from the classroom
- Report to the Headteacher, Deputy Headteacher or Assistant Headteachers
- Be withdrawn from participation in school visit, clubs and events or other extra-curricular activities
- Suspension
- Permanent exclusion



Useful websites:

Anti-bullying Alliance (ABA) - www.anti-bullying.org
Beatbullying - www.beatbullying.org.uk
Childnet International - www.childnet-int.org
Childline - www.childline.org.uk