

ANTI BULLYING POLICY **OVERDALE C P SCHOOL**



Intention

To ensure Overdale community is a place where everyone feels safe, welcome and happy.

To ensure everyone within the Overdale community understands that bullying of any kind will be addressed and WILL NOT BE TOLERATED.

Bullying explained.

What is bullying?

- Bullying is actions that DELIBERATELY make another person feel distressed, threatened or frightened.
- Bullying is actions REPEATED over time.
- Bullying makes victims feel powerless to defend themselves or change the way things are.

Types of bullying:

- Physical – punching, kicking, hitting, taking possessions.
- Verbal – name calling, threatening, teasing, sharing untruths
- Nonverbal – facial expressions, offensive gestures, ignoring /leaving out.
- Emotional – excluding, tormenting, unkindness, being unfriendly
- Cyber – misuse of the internet, mobile phones or cameras to bully
- Racist – racial taunts, gestures
- Homophobic / Transgender – focusing bullying on issues of gender Special Educational Needs and / or disability – focusing on specific needs.

Why we have a Zero tolerance approach to Bullying because:

- Everyone has the right to be treated with RESPECT
- Everyone has the right to feel safe and valued
- Bullying HURTS!
- Bullying affects a victim's capacity to learn.

Recognising signs and symptoms of bullying

- Not wanting to come to school
- Sleep or eating habits change
- Tummy aches / pains
- Withdrawn or aggressive
- Missing or damaged possessions
- Unexplained injuries
- Suddenly afraid to use internet, mobile phone or tablet.

Understanding why Bullying happens

- Jealousy
- To control and feel powerful
- They want attention
- Peer pressure
- To make themselves look good
- They are being bullied.

Prevention

- Sessions are taught in school through the PHSCE curriculum
- The school's 3R's VALUES that are visible in every room around school
(See Appendix1)
- Extended services such as the NSPCC, Police and Open Book all deliver assemblies and workshops in school.
- Children working with our Senco, in our Nurture provision or working with the Wellbeing Officer.
- Focused teaching weeks e.g. Anti-bullying week that highlight the importance of 'tell someone' and 'don't keep quiet'.
- The school council manage to agreement of our Anti-Bullying Slogan each year and this is displayed in every room in school. (See Appendix 2).
- All adults are aware of the need to always be approachable and take concerns seriously.

In Summary

- Bullying is REPETITIVE
- Done on purpose
- Can happen anywhere

Overdale school DOES NOT TOLERATE bullies:

- Tell a teacher or adult in school
- Tell your parent / adult at home
- Tell a friend and go together to tell an adult.

Support agencies

Anti-bullying alliance

www.anti-bullyingalliance.org.uk

Kidscape

www.kidscape.org

[.uk](http://www.kidscape.org.uk)

02077 303300

Childline – advice and experiences from children who have survived bullying

08000 1111

Bullying online

www.bullying.co

[.uk](http://www.bullying.co.uk)

Parent line Plus – advice and links for

Parents www.parentlineplus.org.uk

08088 002222

Cyberbullying.org – one of the first websites in this area for young people, providing advice around PREVENTIING and TAKIING ACTIOON against cyber bullying.

www.cyberbullying.org

Policy Revised: February 2022

Revision date February 2024

Overdale Community
Primary School

Anti-bullying
Slogan 2022

Don't be a bully,
always
show RESPECT.

Appendix 2

The Anti-bullying statement matches Vision and Values for Overdale CPS, known in school as:



The 3R's

A Respectful, Responsible and Resilient learning community.

OUR VISION

Overdale is a place where we Respect each other, we take Responsibility for our own actions and to build Resilience in every child to manage challenges with confidence.

READERS

Working together to ensure EVERY CHILD IS A READER.

ENGAGE

Taking part in all school life has to offer with a positive attitude.

SUPPORT

Giving your skills to support others and asking for support when you need it.

PERSEVERE

Strive to achieve the best you can in all areas of school life, even when it is changing.

ENCOURAGE

Always give support and encouragement to each other.

CREATIVE

Developing an imagination where all ideas are valued and celebrated.

TEAM

Always supporting others to know the importance of telling the truth, to believe in yourself and others to build trust and confidence.

If you would like this information in another language or format such as Braille, large print or audio, please ask us.