



**British International School of Cracow**

**Anti-Bullying Policy**

**June 2019**

## Values and Principles

The British International School of Cracow is committed to ensuring that all students and all staff are able to learn and work in a supportive, caring and safe environment without the fear of being bullied. Bullying is an anti-social behaviour and affects everyone; it is unacceptable and will not be tolerated at The British International School of Cracow. Bullying causes harm to those who bully, those who are bullied and those who watch. If bullying does occur, all students should know who to tell and know that incidents will be dealt with promptly and effectively. In the event of a bullying incident being unresolved, the school will take advice from outside agencies.

## Aims and Objectives of the Policy

To:

- increase awareness and to encourage students to report concerns regarding bullying
- provide protection, support and reassurance for victims
- develop the self-confidence and self-esteem of all students
- develop an effective range of emotional 'self-defence' skills for all students
- promote an anti-bullying ethos amongst the whole school community

## What is Bullying?

The British International School of Cracow accepts the DfE definition that bullying behaviour is:

***"Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally or both"***

**Such behaviour constitutes bullying if:**

- **it is repetitive, willful or persistent**
- **it is intentionally harmful, carried out by an individual or a group**
- **there is an imbalance of power leaving the person who is bullied feeling defenceless**

The British International School of Cracow community recognises that being bullied undermines self-esteem and confidence, sometimes with devastating consequences. It can result in long-term psychological harm and it can undermine the ability to concentrate and learn; as a result, it can impact on a young person's chance of achieving their full potential at school and in later life.

Specific types of bullying include:

- **Physically harmful behaviour:** Pushing, kicking, hitting, pinching, and other forms of physically abusive behaviour
- **Emotionally harmful behaviour:** such as taunting, spreading hurtful rumours and excluding people from groups, or cyber bullying

These can be further categorised as:

- **Verbal:** Name-calling, sarcasm, spreading rumours, persistent teasing. This now includes messages by mobile phone and e-mail
- **Emotional:** Excluding, tormenting, subjecting someone to ridicule, or humiliation
- **Racist:** Racial taunts, graffiti, gestures
- **Sexual:** Unwanted physical contact or abusive comments
- **Homophobic:** Any hostile or offensive action against lesbians, gay, bisexuals, transgender students or those perceived to be lesbian, gay, bisexual or transgender
- **Cyberbullying:** Mobile threats by text messaging and calls; all areas of the internet such as email and chat room misuse; misuse of associated technology e.g. camera and video facilities and use thereof to deliberately upset someone else. (PLEASE SEE SEPARATE CYBER BULLYING POLICY)
- **Extortion:** Taking money off a student against their wishes

## Signs and Symptoms

A child may indicate by signs or behaviour that they are being bullied. All Fred Longworth High School staff should be aware of these possible signs and, if worried, they should investigate the situation further.

If a child:

- is frightened of walking to or from school
- asks to be driven to school
- changes their usual routine
- is unwilling to go to school
- begins to truant
- 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
- has unexplained illness
- begins to do poorly in school work
- arrives home with clothes torn or books damaged
- has possessions which are damaged or "go missing"
- asks for money or starts stealing money (to pay the bully)
- has dinner or other monies continually "lost"
- has unexplained cuts or bruises
- comes home hungry (money / lunch has been stolen)
- becomes aggressive, disruptive or unreasonable
- 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 and jumpy when a cyber-message is received
- has changed their eating patterns

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be investigated. This list is not exhaustive and any change in behaviour could be a sign of bullying.

## **Prevention**

Prevention is clearly the strategy of choice. This will be addressed in a variety of ways:

- At whole school level, SLT, through assemblies, will inform students of the school's zero-tolerance policy and the actions that will be taken to prevent bullying taking place. Assembly time will also be used to challenge the notion that there can be innocent, neutral bystanders with regards to the issue of bullying.
- Anti-Bullying Week in November will be used as an opportunity to raise the profile of this issue.
- At classroom level - especially through PSHE lessons - the focus will be on developing strong anti-bullying messages. Computing lessons will have a focus on E Safety, particularly in Year 7.
- British International School of Cracow recognises that there are particular times when students may be more vulnerable to bullying such as lunch and break times and the beginning and end of the school day. Arrangements will be made to ensure that at such times there is adequate supervision available to reduce the risk of bullying incidents.
- Students will have the opportunity to contribute to the school's Anti-Bullying Policy through Student Voice and the School Council.
- Stereotypical views must be challenged and students will be encouraged to appreciate and view positively the differences in others - whether arising from race, culture, gender, sexuality, ability or disability. Inappropriate language will be challenged by staff.
- Parents will be informed of procedures and issues such as E-safety and cyber bullying through the Schoology, newsletters and evening events such as Year 7 evenings and consultation evenings.

## **Parental Involvement**

British International School of Cracow is firmly committed to working in partnership with parents and believes that the best outcomes emerge when professionals and parents/carers are able to work together when bullying occurs. The school recognises the important influence which parents/carers have on their children and would wish to enlist their support when their child is involved in bullying - either as victim or a perpetrator. Parents who believe their children are the victim of bullying should share their concerns with school at the earliest opportunity and be prepared to work with school to keep their children safe in future. All expressions of concern will be taken seriously and investigated thoroughly. Where parents have concerns about bullying, they should contact the appropriate form tutor or Head via schoology or email.

## **Implementation of the Policy**

All staff involved in the teaching and/or supervision of students will take responsibility for addressing incidents which fall within the school's definition of bullying and ensure that the victim receives the support required; the bully is informed of the unacceptability of their behaviour and a record is made of the incident.

All students need to be aware that staff want to be informed of any incidents or concerns and that action will be taken when bullying is reported.

## **Incident Management**

The school will take firm and decisive action to deal with any incident of bullying which is witnessed by or reported to any member of staff. Bullying can be reported by a student to any trusted adult. When a member of staff receives information, either directly or indirectly, that a student may have been the victim of a bullying incident, this report will be taken seriously and investigated. The relevant Head must be informed immediately of any alleged bullying incidents. This can be reported verbally or through schoolology/email. The school will offer a proactive, sympathetic and supportive response to the victims of bullying. The exact nature of the response will be determined by the particular student's individual needs and may include:

- immediate action to stop the incident and secure the child's safety
- positive reinforcement that reporting the incident was the correct thing to do
- reassurance that the victim is not responsible for the behaviour of the bully
- strategies to prevent further incidents
- sympathy and empathy
- counselling
- assertiveness training
- extra supervision/monitoring
- creation of a support group
- informing/involving parents
- adult mediation between the perpetrator and the victim
- referral to SLT
- restorative approaches or restorative justice
- Head's monitoring the students involved after the issue has been dealt with, in an ongoing way.

## **For Students Involved in Bullying Incidents**

British International School of Cracow takes bullying behaviour very seriously and will adopt a supportive, pragmatic, problem-solving approach to enable bullies to behave in a more acceptable way. Steps will be taken to change the attitude and behaviour of the bully, as well as ensuring access to any help that they may need. We will respond to incidents of bullying behaviour in a proportionate way - the more serious the cause for concern the more serious the response. When sanctions are felt to be necessary they will be applied consistently and fairly. These sanctions may include: detention, or fixed-term exclusion. In the case of persistent bullying, the perpetrator may risk losing their place at the school. At times a student who bullies other students may need advice and support, this may be done via pastoral staff or through a referral to the school psychologist.

## **Monitoring Arrangements**

This policy will be evaluated every 2 years and updated by the designated SLT where necessary. The views of students, staff, board members, parents and outside agencies will be used to make changes and improvements to the policy on an ongoing basis.

Heads will record any bullying incidents on their own incident forms. The School Head will be made aware of any serious bullying incidents.