

Anti **B**ullying **C**ommitment

Working together to make Buxton Infant School a happy place.

This leaflet explains how we can all work together to help keep B.I.S a safe and happy place for everyone.

What is bullying?

Bullying is deliberately unkind behaviour, which has 3 components:

1. It is repeated and goes on over time.
2. It is deliberate, not accidental.
3. It is unequal in that it involves the person/people bullying having some sort of power over the person experiencing the bullying.

Bullying can be:

Physical - hurting, kicking, punching etc

Verbal - threatening behaviour name calling etc

Indirect - eg persistently, deliberately excluding from friendships and games.

Cyber bullying - the use of technology to harass, threaten, embarrass, or target another person.

At Buxton Infant School we believe that no one form of bullying is worse than others. Remember, one off disagreements and accidents often happen when children are learning to play together and to cooperate with each other. These incidents are not necessarily bullying.

Signs to look out for.

- Watch out for signs of change in their attitude to school attendance or work (eg frequent tummy aches, unusual or anxious behaviour, crying and showing signs of being withdrawn).

How can I help at home?

- Encourage your child to be fair and kind to other people and be a good role model by demonstrating this yourself.
- Build your child's confidence - praise them for all their achievements, help them to develop new skills and to be proud of themselves.
- Make time to talk to your child. If they are used to talking to you about their friendships and schoolwork then it will be easier to tell you when something is going wrong. You could ask simple questions like 'What did they enjoy? Was there anything they didn't like? Who did they play with? What sort of games did they play?'

What should I do if I think my child is being bullied?

- Listen carefully to your child and take what they have to say seriously. Let them take their time and use their own words. Ask them how they would like you to help.
- Reassure them that what is happening is not their fault and that you are pleased that they have been brave enough to tell you about it.
- Talk to your child's teacher about the situation. With an issue as important as this it is better to make an appointment so that you can talk without interruption. Try to give as much information as you can - who was involved, where, when and how often.

Try not to suggest that your child becomes different from how they are (eg by being more assertive or fighting back). This may reinforce the idea that they are not 'good enough'. Your child needs to know that it is the children who are doing the bullying who need to change their behaviour.

What should I do if I think my child is bullying others?

- Talk calmly to your child's class teacher to see if they have noticed anything. If there is a problem we will try to work with you and your child to change their behaviour.
- Explain that their behaviour might be hurting others' feelings - they may not have realised how much damage they were doing.
- Make sure that you give them lots of praise when they are cooperative and kind to others.

Our Child-Friendly Anti-Bullying Policy

At Buxton Infant School we, like all other schools, have an anti-bullying policy (it can be found on our website [Home - Buxton Infant School \(buxton-inf.derbyshire.sch.uk\)](http://inf.derbyshire.sch.uk))

However, we thought that we also needed a policy that the children could understand and remember easily. So, we adapted our smiley face symbol into our SMILE code. You may have seen it around school or outside above the buddy bench. Children in Y1 and Y2 have their own copy on a keyring and the reception children will be receiving theirs as part of Anti-Bullying Week.

At Buxton Infant School we want to :

Smile

Make friends

Include

Listen

Empathise



Our Online Safety Policy

At Buxton Infant School we take cyber-bullying very seriously too. Although the vast majority of our children, quite rightly, do not access social media, we think it is important that the children are aware of how bullying can occur online. We address this throughout the year in Computing and Project lessons, but if you would like to read our online safety policy you can come in to school to see it or read it on our website in the policies section.

Thank You For Your Support

Please be reassured that we have very few incidents of bullying at our school. Even so, it is very important that we all know how to help prevent bullying and what to do if it does happen.

At Buxton Infant School we will always listen to what you have to say, inform you of the action we have decided to take and let you know how you can support your child. We aim to tackle bullying by trying to prevent it from happening in the first place and by dealing with it consistently, fairly and effectively when it does.

If you would like further information or support with this issue you could try:

www.bullying.co.uk

Tel 0808 800 2222

www.kidscape.org.uk

Tel:08451205204

www.childline.org.uk

Tel:08001111

November 2023