

Shotley Bridge Primary School

Anti – Bullying Policy



September 2025

Approved by:	Governing Body	Date: September 2025
Last reviewed on:	September 2025	
Next review due by:	September 2026	

At Shotley Bridge Primary School, we seek to provide a safe, secure and positive environment in which pupils can develop and grow. Pupils and adults alike, are entitled to be treated with respect and understanding, and to participate in any activity free from intimidation. Bullying behaviour is not a natural part of growing up and should not be seen as such.

Rationale

At Shotley Bridge Primary School, we do all we can to prevent bullying by developing a school ethos in which it is regarded as unacceptable. Bullying promotes poor models of behaviour and may encourage others to imitate these models. Pupils who have been bullied in one setting may well become bullies in another. Only when all issues of bullying are addressed, will pupils be able to fully benefit from the opportunities available at school. When incidents of bullying behaviour are brought to our attention, we take action to prevent, or reduce the possibility of it happening again. We support the child being bullied so they feel safe and happy at school and challenge the child who has shown bullying behaviour with the aim of changing his/her attitude and behaviour.

What is bullying?

According to the NSPCC, bullying is deliberate behaviour that hurts someone else. It includes name calling, hitting, pushing, spreading rumours, threatening or undermining someone. It can happen anywhere- at school, at home or online. It's usually repeated over a long period of time and can hurt a child both physically and emotionally. It may be difficult for those being bullied to defend themselves. Although it takes many forms, the main types of bullying are:

- Bullying related to appearance or physical/mental health conditions
- Bullying related to gender identity sexual orientation (HBT homophobic, biphobic or transphobic bullying)
- Bullying of young carers, children in care or otherwise related to home circumstances
- Bullying related to race, religion, nationality or cultural
- Bullying related to special educational needs or disabilities (including health conditions)
- Physical – kicking; hitting; pushing; taking belongings; or any form of violence
- Emotional – Name calling; taunting; mocking; making offensive comments; gossiping; excluding people from groups; and spreading hurtful and untruthful rumours.
- Bullying via technology, known as online or cyberbullying

If we are bullied:

- We may feel frightened, angry, powerless or embarrassed.
- Our work, sleep and ability to concentrate may suffer.
- We may feel worried and not know what to do.
- We should tell an adult who can help or tell someone we trust who will tell an adult who can help.

What do we do to prevent bullying at Shotley Bridge Primary School?

The school is proactive in taking preventative measures to reduce incidents of bullying behaviour for example:

- Create and support an inclusive environment, which promotes a culture of mutual respect, consideration and care for others, which will be upheld by all.
- Create an open environment where incidents of bullying are reported to staff and these incidents addressed immediately
- Recognise that bullying can be perpetrated or experienced by any member of the community, including adults and children.
- Openly discuss differences between people that could motivate bullying, such as: religion, ethnicity, disability, gender, appearance related to difference. In addition, children with different family situations, such as looked after gender identity, children or those with caring responsibilities.
- Continually promote our school values. At Shotley Bridge Primary School we are, inclusive, kind, courageous, honest, independent and conscientious.
- Challenge practice and language which does not uphold our fundamental British Values, tolerance, mutual respect, individual liberty, democracy and the rule of law.
- Work with staff, the wider community and outside agencies to prevent and tackle concerns including all forms of prejudice-driven bullying.
- Be encouraged to use technology, especially mobile phones and social media positively and responsibly.
- Actively create 'safe spaces' for vulnerable children and young people.

- Be aware of signs that may indicate bullying behaviour and report suspected incidents to the appropriate member of staff for example, the class teacher or a Senior Leader who will follow designated procedures.
- Promote the Peer Mentoring scheme and the Decider Skills programme
- Promote good self-esteem and a positive school ethos through celebrating success and achievements, delivering the PSHE curriculum, Pupil Parliament activities and Collective Worship
- Provide trained adults who know how to safeguard children and who are positive role models.
- Ensure children (and staff) have easy access to help- to know who can help them, for example, Pupil Wellbeing Lead, Senior Mental Health Lead and Wellbeing Champions
- Implement restorative behaviour approaches
- Provide children with skills to regulate themselves emotionally (see Emotional Regulation Policy for further information)

As a school we play a proactive approach in promoting anti-bullying. During the year we raise awareness of anti bullying through assemblies that coincide with Anti-Bullying Week. During this time, we have a whole school focus on 'SAY No to Bullying!' There are also times throughout the year where we welcome visitors to lead assemblies who might offer support to victims or bullying, e.g. Childline, NSPCC.

What can children do to stop bullying?

- Speak to an adult immediately
- To know what bullying is and be able to recognise it
- Refuse to be involved in any bullying situation
- Look after each other. If you are present when bullying occurs, tell someone who can help

What can parents do to stop bullying?

- Watch for signs of distress in their child e.g. unwillingness to attend school, a pattern of headaches, missing equipment, damaged clothing or bruising.
- Talk to your child about bullying behaviour to ensure that his / her behaviour makes school a happy place for other children.
- Take an active interest in your child's social life and friends.
- Work in partnership with the school and report any worries or concerns immediately
- Encourage your child to tell a member of staff about an incident. This empowers the child. Check with your child that they have told the appropriate member of staff.
- Inform the school if bullying is suspected.
- Keep a written record (who, what, when, where, why, how) to share with school
- Tell your child that parental involvement may be appropriate for the situation
- Be willing to inform school of any cases of suspected bullying, even if your child is not involved
- Allow school staff time to investigate, respond and review reported incidents of child-on-child abuse or unkind behaviours

What happens when a bullying incident is reported?

- We will listen sympathetically to the child making the complaint and take his/her concerns seriously.
- Ensure the immediate safety of the child.
- Investigate the incident, informing the child making the complaint of the action being taken and the timescale. If the parent has made the complaint, we will keep them informed of progress.
- Whilst an incident is being investigated, the school will respect confidentiality and encourage parents to do the same.
- If an incident of bullying behaviour has occurred, we will take action to ensure it does not occur again, including discussion with the alleged bully, to ensure that he/she knows the reason for the complaint. Pupils may wish to use the Peer Mentors. An apology by the alleged bully to the victim may be appropriate.
- Record incidents and actions being taken on CPOMs.
- The Head teacher or the class teacher may inform the parents of the children involved, depending on the circumstances.
- Monitor the situation and evaluate actions taken.
- Each case will be treated individually, and circumstances considered, in deciding appropriate action to be taken.
- In the event of an incident being unresolved between the school and the parent, the Governors will be informed.

Monitoring and Review

This policy is monitored on a day-to-day basis by Senior Leaders, who report to Governors about the effectiveness of the policy on request.

This anti-bullying policy is the Governors' responsibility, and they review its effectiveness annually. They do this by examining the school's anti-bullying data, and by discussion with Senior Leaders. Governors analyse information with regard to gender, age and ethnic background of all children involved in bullying incidents.

This policy has been developed in consultation with pupils, parents/carers, school staff and the Local Authority. This included questionnaires and class discussions.

Useful Contacts

Kidscape 01717303300
Bullying counsellor available Monday and Wednesdays 9.30am - 4.30pm.

Childline 08001111
Confidential free phone line for children in trouble or danger.

Children's Legal Centre 0171 359 6251
Advice on children's rights.

Samaritans Durham Branch 0191 3842727

Linkline 0345 909090

Victim Support Scheme Durham Branch 0191 3831515

NSPCC 01912260155

Child Protection Helpline 0800 800 500

Anti-Bullying Campaign 0171 378 1446 Office hours 10 am - 4 pm.

Durham Anti- Bullying Service 0191 384 07

