



Dear Parents / Guardians

8th November 2019

Anti - Bullying Week: Commencing Monday 11th November 2019

We take all aspects of bullying very seriously and will be assisting Southampton City Council in their quest to promote Anti-Bullying Week - starting next week.

Schools are continually encouraged to consider how preventing and responding to bullying, harassment and discrimination, keeps children safe and supports cohesion. The Anti-Bullying Alliance defines bullying as: **the repetitive, intentional hurting of one person or group by another person or group**, where the relationship involves an imbalance of power. It can happen face to face or through cyber space. This is how we, as a school, explain and define bullying to the children.



The focus for this year is: **'Change starts with us'**

Small change. Big difference.

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with working together.

Change Starts here.

Change starts now.

Change starts with us.

The aims of this week are to support schools and other settings to help children and young people, school staff, parents and other professionals who work with children to understand:

- The definition of respect
- That bullying is a behaviour choice
- That we can respectfully disagree with each other i.e. we don't have to be best friends or always agree with each other but we do have to respect each other
- That we all need to choose to respect each other both face to face and online

We believe that together we can support our children in their understanding of bullying. We hope this week will help parents/carers and our school, to work together to talk with children about bullying, difference and equality (UNICEF, Article 30)

We hope the school's and wider community understand the impact of bullying on children's lives if they don't tell anyone it's happening – or if they are not given appropriate support. In recent years the Anti-Bullying Alliance has had an additional focus on the impact on mental health and children with additional needs. We hope to help our children to understand how important it is that every child feels valued and included in school, able to be themselves, without fear of bullying (UNICEF, Article 14).

This focus is already embedded within the schools PSHE and computing (for cyberbullying) curriculum and will allow the children to learn about new experiences and draw upon previous learning too.

Crucially, Anti-Bullying Week is a chance to focus on improving our responses to bullying that may arise from perceived, or actual, difference or instances where bullying behaviour may be underpinned by prejudicial attitudes or values.

Anti-Bullying Week is all about valuing the role that children and young people play in reducing bullying; the slogan is always:-



“See it. Get help. Stop it.”



Anti-Bullying Week in school will be about celebrating the vital contribution children and young people can play in addressing this issue. Our children will be participating in a variety of activities throughout the week e.g.

- Circle times where we will discuss:-
What is a friend? / Being a good friend / Quarrels / Making up /
How can we tell how people are feeling? / Feeling afraid – what can we do?
Good persuasion / Say **no** to bad persuasion.
- Philosophy sessions.
- Drama session related to key books.
- The School Council will meet to discuss play within the playground.
- Promoting Bubble Time - where children can ask to speak to an adult about their worries.

We do appreciate that all aspects of bullying cannot be dealt with in one week, however, we wish to use this particular week as a stepping stone to our commitment to long term measures; to continue to prevent and deal with bullying.



Bullying is something that **repeatedly** happens on a **daily basis** to someone somewhere and is very different to a disagreement / or a “falling out” in the playground.

There are several misconceptions about bullying and we would just like to emphasise the facts:-

- Bullying is a subjective experience that can take many forms. From accounts of children and young people and research on the topic, the Anti-Bullying Alliance defines bullying as ***the intentional, repetitive or persistent hurting of one person by another, where the relationship involves an imbalance of power.*** Bullying can be done face-to-face, through third parties, or through sending messages or images by e-mail, text, or over the internet.
- Bullying can be physical, verbal and emotional. It includes behaviour such as:-

Name calling
Taunting
Threats
Making offensive comments
Kicking
Texting

Hitting
Pushing
Taking and damaging belongings
Excluding people from groups
Spreading of rumours
Misuse of social network sites



Children and young people can both bully and be bullied at the same time. Although some children and young people are vulnerable to bullying because of physical characteristics (i.e. height, weight or hair colour) or social characteristics (i.e. where they live, ethnicity, religion, disability or sexuality), anyone can be bullied for any reason or difference.

Cyberbullying is becoming more and more common. Cyberbullying/online bullying is defined as:

- excluding a child from online games, activities or friendship groups
- sending threatening, upsetting or abusive messages
- creating and sharing embarrassing or malicious images or videos
- 'trolling' - sending menacing or upsetting messages on social networks, chat rooms or online games
- voting for or against someone in an abusive poll
- setting up hate sites or groups about a particular child
- encouraging young people to self-harm
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name.



If a child is being bullied online, they may not know who is bullying them (the bully may have created an anonymous online account). This can be extremely frightening. If bullying content has been circulated online, take action to contain it:

- if appropriate, ask the person responsible to remove the content
- contact the host (such as the social networking site) and ask them to take the content down
- contact the NSPCC helpline for advice about what to do.

If the content is illegal, contact the police who can give advice and guidance.

We ask that you monitor this with your children and their friends when using the internet or mobile phones. There are guidelines on the website to support you with this.

We would also like to remind parents to ensure they are monitoring what their children are watching on the internet when using eg 'You Tube' 'Netflix' Prime etc. Children are increasingly talking about the content of very adult films and this is triggering totally inappropriate conversations and causing other children to become very distressed and upset. Whilst we understand it is your decision please be aware that it is unfair that other children are then exposed to this content and deeply traumatised by it. We wish to remind you that under our legal safeguarding duty of care we will report our concerns if we feel your child is at risk from watching inappropriately rated films.

For further information please access the web-site www.antibullyingalliance.org.uk. Be aware of Cyberbullying and how it can happen by reading more on "Cyberbullying: A whole-school community issue" at <http://www.digizen.org/cyberbullying/overview>

Yours sincerely.



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