



ALL SAINTS'

CATHOLIC VOLUNTARY ACADEMY

Anti-Bullying Information



For Parents & Students

Introduction

At All Saints' Catholic Voluntary Academy we strive to create a happy, comfortable and supportive Christian environment for all associated with the school. We would expect pupils to feel safe in school, including that they understand the issues relating to safety, such as bullying and that they feel confident to seek support from school and home.

Bullying, in whatever form, is an attempt to prevent another from benefiting as fully from, and sharing as fully in, the spiritual, physical, social, moral and educational processes which go to make up what we value at All Saints' Academy. This form of behaviour is one we take very seriously and aim to improve on year by year by consulting the Governors, staff, parents/carers, the student council and pupils.

It has been recognised that the investment in pupils' health allows for benefits to academic achievement. Our new Anti-Bullying policies have been implemented and monitored to not only support the pupils but have also been recognised by OFSTED and the Local Authority.



Definition of bullying

“REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE.”

The Diana Award definition



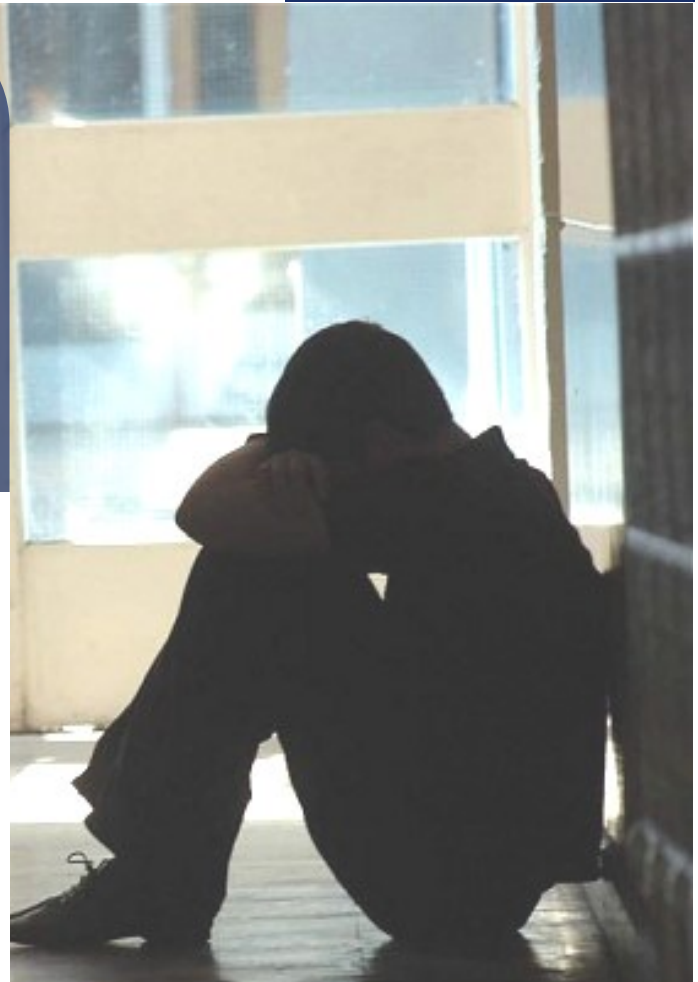
The repeated negative use of speech, sign language, or verbal gestures to intentionally hurt others.



The repeated negative use of actions, which are neither physical nor verbal, to intentionally hurt others.



The repeated negative use of body contact to intentionally hurt others.



What does bullying look like?



Bullying can include:

- Name calling
- Taunting
- Mocking
- Making offensive comments
- Physical assault/s
- Taking or damaging belongings
- Cyber bullying - inappropriate text messaging and emailing; sending offensive or degrading images by phone or via the internet
- Producing offensive graffiti
- Gossiping and spreading hurtful and untruthful rumours
- Excluding people from groups.

Although bullying can occur between individuals it can often take place in the presence (virtually or physically) of others who become the 'bystanders'.



STANDUP
AGAINST BULLYING

Cyber-Bullying

The Facts - National Statistics

40% of 7 to 11 year olds know someone who has been cyberbullied.

7 in 10 young people aged between 13 and 22 have been a victim of cyberbullying.

An estimated 5.43 million young people in the UK have experienced cyberbullying, with 1.26 million subjected to extreme cyberbullying on a daily basis.

41% of 11 to 19 year olds said they have seen something on the internet in the last year that upset or worried them.

96% of young people age 11-19 use some form of online communication tool.

60% of 13 to 18 year olds have been asked for a sexual image or video of themselves.



E Safety

All Saints' Catholic Academy is committed to promoting online safety to students and their families. The Internet is a great place to connect with people, be creative and discover new things. Information and Communication Technology (ICT) has an important role to play in the lives of young people and as ICT is being used more frequently, it is important to raise the issue of E-safety and promote safe and responsible usage of ICT in schools and at home. Bullying is not confined to the school premises. The increasing use of digital technology and the internet has also provided new and particularly intrusive ways for bullies to reach their victims. Some types of harassment may be deemed as a criminal offence and the school may refer to the Police for advice or suggest this to a Parent. Under the Malicious Communications Act 1988, it is an offence for a person to send an electronic communication to another person with the intent to cause distress or anxiety or to send an electronic communication which conveys a message which is indecent or grossly offensive, a threat, or information which is false.

Social Networking:

Social networking sites such as Facebook, Snapchat and Twitter continue to grow in terms of its popularity. If your child has a social media account, the school advises that parents check their child's privacy settings on Facebook and other social networking sites to ensure appropriate use and conduct. Remember that the recommended age for Facebook is over 13.



Cyber-Bullying

Top Tips for Parents and Carers

1. It's recommended that you have your computer or laptop in a family room, where it is easier to monitor what young people are accessing online.
2. Consider downloading filtering software which will help protect children from finding undesirable websites. You can find a lot of free filtering software online and also use your web browser's controls to enable security on different websites.
3. Inform children not to share their personal information online.
4. Remember – it doesn't matter if you have your computer in a family room if your child can access the internet via their mobile phone. Consider the implications of this.
5. Create a "code of conduct" policy where young people are involved in creating rules which must be abided by when using the Internet at home.
6. Be online together! Browsing the Internet with your child and being involved in their 'online world' will promote online safety.
7. Talk to your child about online safety. Even if you're a 'techno-phobe', don't be afraid to challenge your child just because they are a whizz on the computer and you're not.

Top Tips for Pupils

1. Do not post any personal information online including your phone number, address, passwords or your school.
2. SPEAK UP! If you viewed something online that made you anxious, unsafe or uncomfortable, please speak to an adult that you trust.
3. If you do not know someone, why are they "your online friend" or "follower"?
4. Privacy settings should always be kept to a maximum. Use the search engines on social networking websites to find out how to do this.
5. Think carefully when "posting" or "sharing" a photo online. Remember, once a photo is posted online, people will be able to share or download the photo.
6. Treat others online with respect and use suitable language at all times.

Cyber Bullying can take many forms including:

- Threats or name calling on social networking sites.
- Persistent 'cyber-stalking' – barraging someone with messages.
- Putting up doctored or deliberately unflattering photos online.
- Persistently excluding someone from online groups.
- Creating a fake account.

Tips in the circumstance of cyberbullying

1. Keep a record of cyber-bullying – print screen grabs, cut and paste conversations, save abusive text messages. Collating evidence is very important. Save it and bring it to school.
2. Encourage your child to consider who their 'friends' are on social networking sites.
3. Look for support from specialist organisations such as Childline, Anti Bullying Alliance etc.



Cyber-Bullying

Online Abuse

If you or your child suspects that they have been inappropriately contacted by an adult online, you can report this to the Child Exploitation and Online Protection Centre. You can also report harmful content, hacking, viruses, cyber bullying, mobile problems and sexual behaviour.

Below are some links to online safety websites that will help students and parents to stay safe whilst getting the most from the new digital resources that you find online.

<http://www.thinkuknow.co.uk/parents/>

<http://www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/Internetsafety/index.htm>

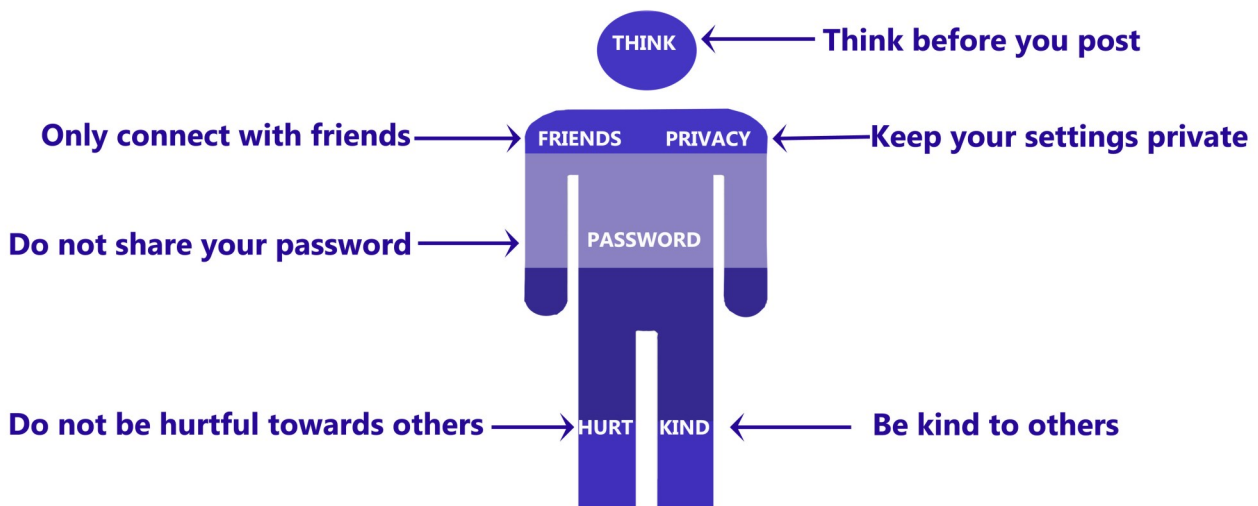
Filtering software

K9 Web Protection

<http://www1.k9webprotection.com/>

Software listed on this site is not endorsed by All Saints', and you use or install it entirely at your own risk.

Safebook



PARENTS AND TEACHERS

Join facebook
Understand how it works
Teach safety and responsibility
Privacy- check their settings



FRIENDS

DO NOT: Stay silent
DO: Help your friend
Report the bullying
Tell your teacher



THE BULLY

DO NOT: Respond
DO: Save what they say
Unfriend the person
Report the person
Tell your parents

TELL

UNFRIEND

BLOCK

REPORT

This is our reaction to cyber bullying. We must all play our part! Play yours!

All Saints' Anti-Bullying Initiatives

Anti Bullying school email address.

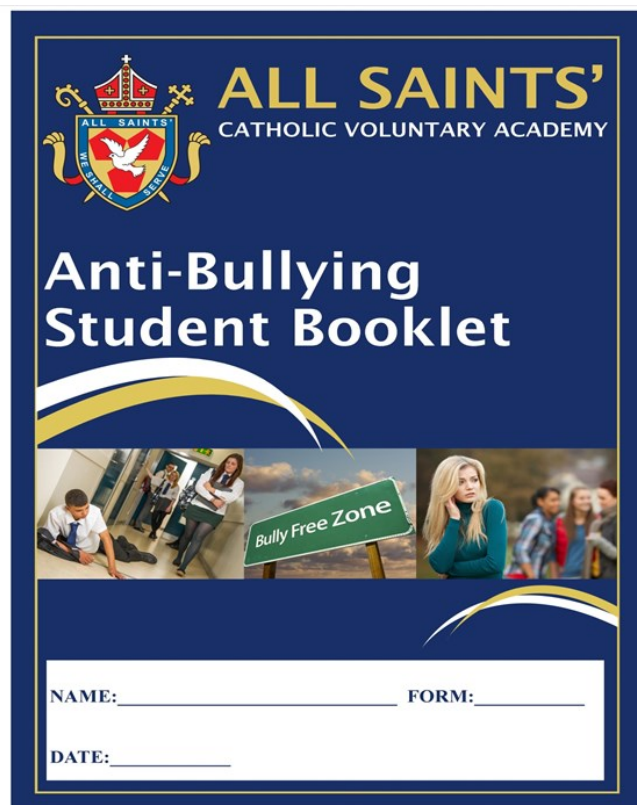
If pupils feel they are unable to talk to someone about an issue they may use the email system to report the issue and the school will investigate the issue further.

The email address is:

antibullying@allsaints.notts.sch.uk

Pupil Voice

Throughout this year we will be conducting pupil voice surveys. Pupils will have the opportunity to complete a questionnaire which will be analysed to ensure the success of the communication of the anti-bullying strategy within All Saints.



The All Saints Way Short Course

The All Saints' Way Short Course

You have been involved in a suspected bullying incident. At All Saints' we expect all students treat each other with respect and as they would wish to be treated.

You have been asked to complete this short course in order to learn from possible mistakes that you have made and to ensure that you behave respectfully at all times in the future.

You have been referred to this course to improve your recent behaviour. What part of your recent behaviour has been inappropriate?

Who has been affected by what you have done?

In what way?

What do you think you need to do to make things right?

Mentoring



All Saints' Anti-Bullying Initiatives

Anti-Bullying PSHE

Throughout this year, a variety of PSHE activities are planned. Sessions will include focuses on anti-bullying, cyber bullying, community cohesion, e safety, self esteem, friendship, cyber safety and physical conduct.

Anti-Bullying Competition

Later this academic year there will be an anti-bullying competition within school. Pupils will be asked to complete a poem, piece of drama or artwork which will then be displayed on the school website.



What to do if you are being bullied

Tell someone. Below are the points you may wish to report a bullying incident.

- Form Tutor
- Year Progress Leader
- Parent
- E mail address
- Anti-bullying officer
- Behaviour Coordinator

**Don't just worry about it on your own.
Make sure you have told someone about it so that
you can get the help you need.**