

Beormund's Relationships Policy (Anti-Bullying) 2026

Statement of Intent

At Beormund Primary School we are committed to providing a safe, positive and supportive environment for all our children so that they can learn and play in a relaxed and secure atmosphere.

Bullying of any kind is unacceptable and will not be tolerated in our school. We take all incidents of bullying seriously. Everybody has the right to be treated with respect and pupils who are bullying others need to learn different ways of behaving.

At Beormund, we acknowledge that bullying does happen from time to time – when bullying does occur, everyone should be able to tell and know that incidents will be dealt with promptly and effectively in accordance with our anti-bullying policy. We are a TELLING school. This means that anyone who knows that bullying is happening is expected to tell the staff.

Aims and Objectives of this Policy

The aim of this policy is to try and prevent and deal with any behaviour that could be interpreted as bullying. The implementation of this policy will create an ethos where bullying is regarded as unacceptable so that a safe and secure environment is created for everyone to learn and work in. All members of the school have a responsibility to recognise bullying when it occurs and take appropriate action in accordance with the school policy. This will happen in the following ways:

- The school will meet the legal requirement for all schools to have an anti-bullying policy in place.
- The school will work closely with other professional agencies to ensure that children stay safe as stated in The Children Act 1989, The SEN and Disability Act 2001, The Government Green Paper 'Every Child Matters' 2003 (outcome 2) and The Children Act 2004.
- All governors, teaching and non-teaching staff, pupils and parents/guardians will understand what bullying is.
- All governors, teaching and non-teaching staff will know what the school policy is on bullying and will consistently and swiftly follow it when bullying is reported.
- All pupils and parents/guardians will know what the school policy is on bullying and what they can do if bullying occurs.
- Pupils and parents/guardians will be assured that they will be supported when bullying is reported.
- Whole school initiatives (staff training, celebration assemblies etc.) and proactive teaching strategies (PHSE lessons, circle time etc.) will be used throughout the school to reduce the opportunities for bullying to occur.
- A positive, caring ethos will be created within the school environment where everyone can work, play and express themselves, free from the fear of being bullied.

What Is Bullying?

Bullying is any deliberate, hurtful, upsetting, frightening or threatening behaviour by an individual or a group towards other people. It is repeated over a period of time and it is very difficult for the victims to defend themselves.

We explicitly teach children what bullying looks like and what it means throughout the year, including national events such as Anti-Bullying Week, which we refer to as Friendship Week.

Bullying can be:

Emotional	Being unfriendly, excluding, tormenting (e.g. hiding books, threatening gestures), ridicule, humiliation
Physical	Pushing, kicking, hitting, pinching, throwing stones, biting, spitting, punching or any other forms of violence, taking or hiding someone's things
Racial	Racial taunts, graffiti, gestures, derogatory remarks, making fun of culture and/or religion
Sexual	Unwanted physical contact or sexually abusive/sexist comments
Homophobic	Because of, or focusing on the issue of sexuality
Verbal – direct or indirect	Name-calling, sarcasm, spreading rumours, threats, teasing, making rude remarks, making fun of someone
Online/cyber	All areas of digital media, such as email, social media, messaging, calls – misuse of technology, i.e. smart phones, games consoles

Bullying in any of these forms may be related to the following 9 protected characteristics:

- Race
- Gender
- Religion
- Culture
- SEN/Disability
- Appearance or health condition
- Home circumstances, including carers and poverty
- Sexual orientation, sexism, sexual bullying or homophobia
- Personality

Bullying is not:

It is important to understand that bullying is not the odd occasion of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone. It is bullying if it is done several times on purpose.

Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise, it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns and develop social skills to repair relationships. Staff will facilitate restorative conversations between children and relationships will be discussed between the staff team.

Where and why does bullying happen?

Bullying takes place where there is an imbalance of power of one person or persons over another.

It can happen anywhere – in the classroom, in the corridor, in the toilets, in the dining hall, in the playground. Bullying may also happen on the way to and from school. We also recognise that the use of technology has increased incidents of cyber bullying.

All pupils and staff must remain vigilant about bullying behaviours and be taught how to deal with any incidences or concerns in the same way as any other Safeguarding issue. Awareness of all forms of bullying must be explicitly highlighted and discussed to empower pupils and staff alike to deal with a spectrum of situations accordingly.

Signs and Symptoms

A child may indicate, by different signs or behaviour, that he or she is being bullied.

Adults should be aware of these possible signs and investigate further if a child:

- is frightened of walking to or from school
- doesn't want to go on the school/in the taxi
- begs to be driven to school
- changes their usual routine/route to school
- begins truanting
- 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
- feels ill in the morning
- begins to underperform in school work
- comes home with clothes torn or books damaged
- has possessions 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 starving (money/snack/sandwiches have been stolen)
- becomes aggressive, disruptive or unreasonable
- starts swearing or using aggressive language for no apparent reason
- is bullying other children or siblings
- stops eating
- is frightened to say what's wrong
- gives improbable excuses for any of the above

These signs and behaviours could indicate other problems, but bullying should be considered a possibility and should be taken seriously and investigated as soon as possible.

Prevention

Wherever you are in school, you have the right to feel safe. Nobody has the right to make you feel unhappy. If someone is bullying you, it is important to remember that it is not your fault and there are people who can help you.

If a child feels that they are being bullied then there are several methods which they are encouraged to follow:

- Communicate! Tell someone you can trust – it can be a teacher, a teaching assistant, a midday supervisor, a parent, a friend, a brother, a sister or a relative.
- If you are scared, ask a friend to go with you when you tell someone.
- If you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box.
- Try not to let the bully know that he/she is making you feel upset.
- Try to ignore them/don't give them the reaction they are looking for.
- Be assertive – stand up to them as forcefully as you can without putting yourself in danger.
- Stay in a group, bullies usually pick on individuals.
- Get away as quickly as you can.
- When you tell an adult about the bullying give them as many facts as you can (What? Who? Where? When? Why? How?).
- Keep a diary of what's been happening and refer to it when you tell someone.
- Keep on speaking out until someone listens and helps you.
- Never be afraid to do something about it and quick.
- Don't suffer in silence.
- Don't blame yourself for what is happening.
- Call a helpline.

We teach children about the importance of not being a passive bystander when witnessing incidents of bullying. Children are taught about how the expectation is not for children to always directly involve themselves in incidents of bullying, however they should look to speak to an adult regarding what they have witnessed. This will be treated carefully and sensitively, promoting a "telling" culture.

The law

All pupils should be made aware that some forms of bullying are illegal and can be [reported to the police](#). These include:

- violence or assault
- theft
- repeated harassment or intimidation, for example name calling, threats and abusive phone calls, emails or text messages
- hate crimes
- Call 999 if you or someone else is in immediate danger.

Where to get help and advice outside school

There are lots of organisations that provide support and advice if pupils are worried about bullying outside of school:

- [Anti-Bullying Alliance](#)
- [Bullying UK](#)
- [Childline](#)
- [The Diana Award](#)
- [Internet Matters](#)
- [Kidscape](#)
- [The UK Safer Internet Centre](#)
- [UK Council for Child Internet Safety \(UKCCIS\)](#)

What can you do if you see someone else being bullied? *(The role of the bystander)*

Ignoring bullying is cowardly and unfair to the victim. Staying silent means the bully has won and gives them more power. There are ways you can help without putting yourself in danger:

- Don't smile or laugh at the situation.
- Don't rush over and take the bully on yourself.
- Don't be made to join in.
- If safe to do so, encourage the bully to stop bullying.
- If you can, let the bully know you do not like his or her behaviour.
- Shout for help.
- Let the victim(s) know that you are going to get help.
- Tell a member of staff as soon as you can.
- Try and befriend the person being bullied.
- Encourage the person to talk to someone and get help.
- Ask someone you trust about what to do.
- If you don't feel you can talk to someone about it, write it down and post it in the 'Worry' box.
- Call a helpline for some advice.

It is important that children are and feel that they are listened to when discussing or disclosing any potential incidents of bullying. We will:

- Listen to the child
- Take them seriously
- Show empathy
- Let the child know it's not their fault
- Avoid stereotypes
- Reassure and praise them for telling

E-Safety

Cyber bullying is a growing concern with more and more young and vulnerable children spending an increasing amount of time on-line, often unsupervised. Pupil's wellbeing can easily be affected by gaming or social media platforms, and it is paramount that all staff at Beormund endeavour to stay abreast with the technology that pupils in primary school are using outside of school.

Digital relationships and wellbeing in school should be closely monitored by staff to ensure that children are not endangering themselves – explicit internet safety lessons must be taught across the school to address e-safety, grooming and highlight any ongoing or new digital concerns.

We define cyber bullying as the use of information and communications technology (ICT), particularly mobile phones, the internet and social media to support deliberate, repeated and hostile behaviour by an individual or group that is intended to harm others.

We recognise cyberbullying as an extension of face-to-face bullying, with technology providing another bullying behaviour to harass their target. We recognise that cyberbullying can have a particularly negative impact because it can invade home and personal space. There are also challenges for example in controlling electronically circulated messages; the size of the audience; perceived anonymity; and even the profile of the person doing the bullying and their target.

Ongoing changes to technology mean the methods used to bully keep evolving. Bullying is not one-off acts of aggression or nastiness, such behaviours if repeated, however, may be viewed as bullying. In this policy and in our anti-bullying work we try to avoid referring to bullies and victims as these label pupils in unhelpful ways