

Anti-bullying

Bullying can occur in any environment; in the community or school. We aim to resolve all issues of bullying quickly and expeditiously. All bullying incidents should be reported to a member of staff including Form Tutors and Learning Managers immediately to enable the academy to resolve issues.

The purpose of this Anti-Bullying booklet is to help parents/carers identify if your child might be experiencing bullying, positive steps to support your child and to ensure you know that we will always help to resolve this with haste if it is occurring between students in or out of school.

Dear Parents/Carers

Bullying can happen to anyone of any age, gender, ethnicity or background. This may impact a young person's mood, health and ability to live their everyday life.

Any form of bullying is taken seriously at Outwood Academy Danum. Bullying in any form is hurtful and unacceptable. The Academy Trust has a robust Anti-bullying policy; this is available for view on the Academy website: <https://www.danum.outwood.com/policies>

Children reporting a bullying incident to an Academy staff member is dealt with immediately. Any child that has perpetrated any form of bullying receives an intervention to support positive behaviours.

Whilst we are vigilant to all forms of bullying, many incidents happen outside of the Academy, in the community and on-line. The impact of this often spills into the Academy and classrooms disrupting learning.

This booklet has been designed to support parents and carers to identify different forms of bullying; what to look for strategies to support your young person when they are ready to disclose. The steps to take, when to contact the Academy, when to report to the Police.

In the Help and Advice section there is a range of external support services for both child and parents/carers.

Yours Faithfully,

Janine South
Associate Assistant Principal
Outwood Academy Danum

Bullying

Definition

Extract from The OGAT Anti-Bullying Policy V5;

Bullying is the use of aggression with the intention of hurting another person either physically or emotionally, by intimidating or demeaning others. It is usually persistent and is often covert and is a conscious attempt to hurt, threaten or frighten someone. Bullying results in pain and emotional distress to the victim.

Bullying can take many forms including:

- Physical assault
- Social bullying
- Threatening behaviour
- Name calling
- Cyberbullying



What does it look like?

- Bruises
- Broken or missing possessions
- Becoming withdrawn – not talking, or spending more time alone
- Changes in eating habits
- Changes in behaviour – becoming aggressive at home
- Sleeping badly
- Complaining of headaches or stomach aches
- Wetting the bed
- Worrying about going to school
- Suddenly doing less well at school

What can you do?

Listen without getting angry or upset, listen to what your child is telling you.

Ask your child: "How do you want me to take this forward?"

Don't let the bullying dominate their life. Help your child develop new skills in a new area.

Refrain from confronting the accused bully or their parents/carers.

Aim to work together with the school and make it clear that you are seeking the school's help in finding a solution.

Peer-on-Peer abuse

Definition

Children abusing other children. This can include (but is not limited to):

- Bullying (including cyberbullying)
- Sexual violence and harassment
- Physical abuse such as hitting, shaking, biting, hair pulling, any causing of physical harm

What does it look like?

- Absence from school or disengagement from school activities
- Physical injuries
- Mental or emotional health issues
- Becoming withdrawn; lack of self-esteem
- Lack of sleep
- Alcohol and substance abuse
- Changes in behaviour
- Inappropriate behaviour for age
- Abusive towards others



What can you do?

Allow children and young people to know their rights, what to do if they are unhappy with something and what it means to give true consent.

Understand your local community and the young people in school and friendship groups

Talk about peer-on peer abuse in an age appropriate way. Help young people to weigh up risks, modelling safe and healthy choices

Check young people have safe relationships, let them know that it is OK to talk even about the most difficult things.

Aim to work together with the school and make it clear that you are seeking the school's help in finding a solution.

Young people may experience forms of abuse that are criminal and in these cases the Police need to be involved.

Cyber Bullying

Definition

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, Text, and apps, or online in social media, forums, or gaming where people can view, participate in, or share content.

What does it look like?

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

The most common places where cyberbullying occurs are:

- Social Media, such as Facebook, Instagram, Snapchat, and Tik Tok
- Text messaging and messaging apps on mobile or tablet devices
- Instant messaging, direct messaging, and online chatting over the internet
- Online forums, chat rooms, and message boards, such as Reddit
- Email
- Online gaming communities

What can you do?

- Reinforce with your child, that it is not their fault. Explain that what people call “bullying” is sometimes an argument between two people, but if someone is repeatedly cruel to them; that’s bullying and they must not blame themselves.
- Don’t respond or retaliate. Sometimes a reaction is exactly what aggressors are looking for because they think it gives them power over you!
- Save the evidence. The only good news about bullying online or on phones is that it can usually be captured, saved, and shown to someone who can help.
- Tell the person to stop. This is completely up to you – don’t do it if you don’t feel totally comfortable doing it, because you need to make your position completely clear that you will not stand for this treatment any more.
- Reach out for help – especially if the behaviour’s really getting to you. You deserve backup. See if there’s someone who can listen, help you process what’s going on and work through it – a friend, relative or maybe an adult you trust.
- Use available tech tools. Most social media apps and services allow you to block the person. Whether the harassment is in an app, texting, comments or tagged photos, do yourself a favor and block the person.
- Protect your accounts. Don’t share your passwords with anyone – even your closest friends, who may not be close forever – and password-protect your phone so no one can use it to impersonate you.

Coercive Control

Definition

Coercive control often can't be pinned down to one event in a relationship, but is the accumulation of words, behaviours and threats that humiliate, isolate and control the victim - leaving them without freedom and very little of 'themselves' left.

What does it look like?

- Isolating you from friends and family
- Depriving you of basic needs, such as food
- Monitoring your time
- Monitoring you via online communication tools or spyware
- Taking control over aspects of your everyday life, such as where you can go, who you can see, what you can wear and when you can sleep
- Depriving you access to support services, such as medical services
- Repeatedly putting you down, such as saying you're worthless
- Humiliating, degrading or dehumanising you
- Controlling your finances
- Making threats or intimidating you

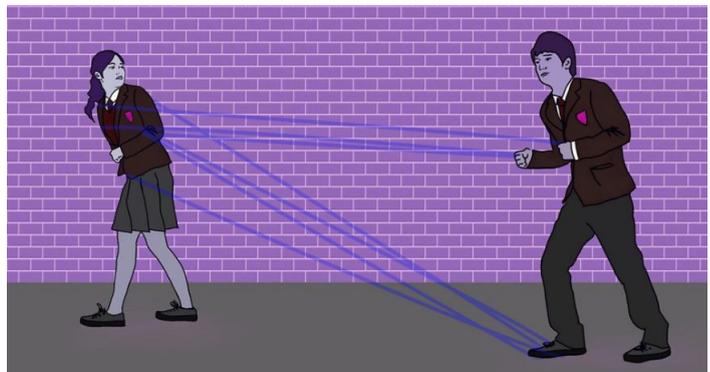
What can you do?

If a child talks to you about coercive control, it is important to listen carefully to what they are saying and let them know they have done the right thing by telling you.

Reinforce that is not their fault and that you will take them seriously. Explain what you will do next.

Refrain from confronting the alleged abuser, or the abusers parents/carers.

Contact the Police and report what the child has told you as soon as possible.



Harassment and threats of physical harm

Definition

Harassment is when a person behaves in a way which is intended to cause distress or alarm. The behaviour must happen on more than one occasion. It can be the same type of behaviour or different types of behaviour on each occasion.

Threats of physical harm is when someone says or does two or more things that make you fear that violence will be used against you.

What does it look like?

- a text, answer-phone message, letter or email
- a comment or threat
- standing outside someone's house or driving past it
- an act of violence
- damage to someone else's property
- maliciously and falsely reporting you to the police when you have done nothing wrong

What can you do?

If a child talks to you about being harassed or any threats of physical harm, it is important to listen carefully to what they are saying and let them know they have done the right thing by telling you.

Keep records of calls, texts, emails and photographs of any damage and/or injury.

Aim to work together with the school and make it clear that you are seeking the school's help in finding a solution.

In an emergency you can contact the Police.

Refrain from confronting the alleged abuser.



Intimate abuse

Definition

Any behaviour within an intimate relationship that causes physical, psychological or sexual harm to those in the relationship, including acts of physical aggression, sexual coercion, psychological abuse and controlling behaviours

What does it look like?

One partner is systematically violent and controlling:

- Embarrass or make fun of you in front of your friends or family
- Put down your accomplishments
- Make you feel like you are unable to make decisions
- Use intimidation or threats to gain compliance
- Tell you that you are nothing without them
- Treat you roughly—grab, push, pinch, shove or hit you
- Call you several times a night or show up to make sure you are where you said you would be
- Blame you for how they feel or act
- Pressure you sexually for things you aren't ready for
- Make you feel like there is “no way out” of the relationship
- Prevent you from doing things you want – like spending time with friends or family
- Physical signs of injury / illness
- Inappropriate sexual behaviour / language / attitudes
- Pregnancy



What can you do?

If a child talks to you about intimate abuse, it is important to listen carefully to what they are saying and let them know they have done the right thing by telling you.

Seek medical advice for injuries, keep medical records

Save text, email, posts, photographs of interactions and any injuries.

Aim to work together with the school and make it clear that you are seeking the school's help in finding a solution.

Young people may experience forms of abuse that are criminal and in these cases the Police need to be involved.

Who to contact at school

When reporting a bullying incident to the Academy please contact your child's Learning Manager.

The school contact number: 01302 831885, inform the Reception staff member of your child's year group to enable you to be directed to the correct Learning Manager.

You may want to request a meeting, this can be arranged for you through the school contacts.

You can also report a bullying incident through the Outwood Academy Danum contact form located on the website. Include your child's year group. A member of staff will contact you to discuss the incident.

<https://www.danum.outwood.com/contact>

Academy staff are trained in spotting and handling bullying and can work with you to prevent further bullying.

Talk with your child to let them know that they can safely report any form of bullying incident to any member of staff in the Academy:

- Teacher
- Learning Manager
- Form Tutors
- Teaching Assistant
- A member of the Senior Leadership Team
- Any Academy staff member wearing a purple lanyard.

Academy staff are trained in spotting and handling bullying and can work with you and your child to prevent further bullying.

All reports of bullying in any form are taken seriously and thoroughly investigated.

Help and advice

BullyingUK

<https://www.bullying.co.uk/>

Kidscape

<https://www.kidscape.org.uk/>

Childline

<https://www.childline.org.uk/>

Bully Busters

<https://www.bullybusters.org.uk/>

Shout Text Shout to 85258

<https://giveusashout.org/get-help/issues/bullying/>

Bullies Out

<https://bulliesout.com/>

Ditch the Label

<https://www.ditchthelabel.org/>

Police

In an emergency call 999, non-emergency call 101

<https://www.police.uk/pu/contact-the-police/>