



## Issue 2

In this edition we will be sharing information with you regarding bullying:

- *What is bullying?*
- *What the school is doing to prevent bullying*
- *What parents / carers can do to support their children*
- Anti Bullying Week

**STOP**  
**BULLYING**

### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the

Designated Lead:

Rachael Alexander-Gordon

or a Designated Safeguarding Officer:

- Deanna Williams
- Deena Chetty

They can be contacted via the school office:

**[school@downsellprimary.waltham.sch.uk](mailto:school@downsellprimary.waltham.sch.uk)**

or by telephone on **0208 556 0103**.

You can also contact the Multi Agency Safeguarding Hub (MASH) on:

**0208 496 2310**

If a child is in immediate danger, call the Police immediately on 999.

# WHAT IS BULLYING?

Downsell Primary school defines bullying as: *the purposeful choosing of behaviours that threaten, intimidate or hurt someone, which is often, but not always, repeated overtime, which involves a real or perceived power imbalance.*

**(Anti-Bullying Policy 2022)**

It can happen face to face or online. There are many different types of bullying that can be experienced by children and adults alike, some are obvious to spot while others can be more subtle. The different types of bullying that we look at below are **some of the ways** that bullying could be happening.

## **Physical bullying**

Physical bullying includes hitting, kicking, tripping, pinching and pushing or damaging property.

## **Verbal bullying**

Verbal bullying includes name calling, insults, teasing, intimidation, homophobic or racist remarks, or verbal abuse. While verbal bullying can start off harmless, it can escalate to levels which start affecting the individual target.

## **Social bullying**

Social bullying, sometimes referred to as covert bullying, is often harder to recognise and can be carried out behind the bullied person's back. It is designed to harm someone's social reputation and/or cause humiliation. Social bullying includes:

- lying and spreading rumours
- negative facial or physical gestures, menacing or contemptuous looks
- playing nasty jokes to embarrass and humiliate
- mimicking unkindly
- encouraging others to socially exclude someone
- damaging someone's social reputation or social acceptance.

## **Cyber bullying**

Cyber bullying can be overt or covert bullying behaviours using digital technologies, including hardware such as computers and smartphones, and software such as social media, instant messaging, texts, websites and other online platforms.

Cyber bullying can happen at any time. It can be in public or in private and sometimes only known to the target and the person bullying. Cyber bullying can include:

- Abusive or hurtful texts emails or posts, images or videos
- Deliberately excluding others online
- Nasty gossip or rumours



***Respect Responsibility Resilience***

## WHAT THE SCHOOL IS DOING

As a school we take the view that bullying can happen here, therefore all incidents related to bullying are treated seriously and sensitively.

We take a zero-tolerance approach to bullying and actively promote anti-bullying messages through our school ethos and values, specific lessons, assemblies and our engagement with wider initiatives such as Anti-Bullying Week.

Please visit our school website for our Anti-bullying Policy:  
[www.downsellprimary.org](http://www.downsellprimary.org)



## ANTI-BULLYING WEEK:

Taking part in anti-bullying week is one of the ways in which we seek to raise awareness of bullying in school. This is a early event, however as a school we continue to incorporate aspects of anti-bullying throughout the school year.

Anti-bullying week is co-ordinated by the Anti-Bullying Alliance: [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

The alliance seeks to make anti-bullying work about hope and the positive and kind things we can all do to stop hurtful behaviour.



### Parent / Carer Voice

Scan the following QR Code to share your opinion on safeguarding within the school.

