

**Keep your eyes and ears open –  
Always be prepared to listen**

**At Park School we promise:**

- To listen to you
- To take whatever you say seriously
- To deal with the problem in a sensitive way
- To take whatever action is needed
- To always consider your feelings and wishes
- To protect you and your privacy
- To record all incidents confidentially
- To do all we can to stop bullying

**What we will do:**

- Work/discuss with both the bully and the victim
- Inform and involve Parents in any bullying issues
- Involve Senior Staff and Governors in bullying issues to ensure they are fully resolved

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# A School Policy

# Anti Bullying



**A BULLY FREE ZONE**

**The Park Community School**  
Park Lane, Barnstaple, North Devon, EX32 9AX  
Telephone: 01271 373131

### **A Policy to end Bullying**

Our ethos at The Park is about everyone achieving and caring together. This school exists for the all round education of its pupils, and anything which prevents this will not be tolerated. Bullying is one such undesirable activity, and it is for the school as a whole, and for all parties with an interest in the school, to overcome bullying in this establishment.

### **What is Bullying?**

Bullying is any behaviour by any single person or group directed against any single person or group which causes them to feel intimidated, uncomfortable or unhappy in any way.

### **How can we recognise Bullying?**

Bullying can take many forms, some not as obvious as others, but all equally intimidating. It can be physical, mental or emotional. These are some examples of the sorts of activity which we consider as bullying

- Name calling
- Teasing
- Hitting, pushing or unwelcome physical contact
- Demanding money or possessions
- Making people carry your bags or do your work
- Turning others against someone or their family
- Tripping, pinching or pulling hair
- Making rude suggestive remarks
- Making sexual or racist remarks
- Forcing someone to do wrong
- Belittling someone

### **Signs and Symptoms**

#### **Things to look out for:**

A child may indicate signs or behaviour that he or she is being bullied. Adults should be aware of these possible signs and that they should investigate if a child:

- Is frightened of walking to or from school
- Doesn't want to go on the school/public bus
- Begs to be driven to school
- Changes their usual routine
- Is unwilling to go to school (school phobic)
- Begins to truant
- 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 do poorly in school work
- Comes home with clothes torn or books damaged
- Has possessions which are damaged or "go missing"
- Asks for money or starts stealing money (to pay bully)
- Has dinner or other monies continually "lost"
- Has unexplained cuts or bruises
- Comes home starving (money/lunch has been stolen)
- Becomes aggressive, disruptive, unreasonable
- Is bullying other children or siblings
- Stops eating
- Is frightened to say what's wrong
- Gives improbable excuses for any of the above
- Is afraid to use the internet or mobile
- Is nervous & jumpy when a cyber message is received

### **If you are bullied or know someone who is being bullied**

#### **Tell .....**

- A Teacher
- Your Head of House
- Your Headteacher
- Your Parents
- Your Friends
- Anyone you can trust

Why not ask a friend to go along with you when you tell?

**Don't delay** – remember if you tell someone it becomes their worry too

**Don't be afraid** – bullies feed on terror but they are often cowards at heart

**Trust people** – a problem can be solved by a word from the right person

**Never let a bully rule and ruin your life**

### **If you are bullied**

#### **Don't**

- Use violence to solve your problems (it only makes matters worse and puts you in the wrong too).
- Give in to the bullies' demands (they'll only demand more).
- Delay (bullies rarely go away of their own accord).
- Worry (a worry shared is a worry halved).
- Keep quiet about it (that way the bully will get away with it).