


# Ulverston Victoria High School

## POLICIES

# Anti-Bullying Policy Student Voice

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## **ANTI-BULLYING STUDENT VOICE POLICY**

### **What is bullying?**

Bullying is any form of prolonged aggressive or violent behaviour towards another person. It is also persistent name-calling, taunting, ridiculing or humiliating another person. It includes the use of new technology and cyber-bullying.

### **What do you do if you are being bullied?**

- Many students cope with problems themselves by sharing their concerns with people they trust such as friends and family members.
- Some find a solution by ignoring the taunts/name calling and finding new groups of friends.

### **What if all this doesn't reduce or stop the bullying?**

You must let someone else know in school. This could be:

### **The Peer Mentors**

Year 7 are allocated a pair of mentors who are older student volunteers. They have been trained through the SEALs (Social and Emotional Aspects of Learning) programme to understand and support those being bullied.

### **How do I contact them?**

The mentors will be introduced to year 7 forms as part of the transition process from Primary school. The mentors will visit your form periods and you will see them around school. They are willing to help but you will need to agree a convenient time with them.

### **How will they help?**

They will offer a completely confidential service (with the exception of matters relating to safeguarding) which involves time spent listening to your problems and helping you reach your own conclusions about how you could deal with the bullies.

### **How will your Teacher or Pastoral Leader help?**

- By observing and trying to catch the bully without involving you.
- By talking through the difficulties with you and deciding what action you want us to take.
- By interviewing the bully and confronting the problem.

### **What else can be done about bullying?**

- You could confide in the school nurse and ask her to pass on information to teachers.
- You could speak with your peer mentor.
- You could ask to speak to the School's Counsellor.
- You can report bullying by leaving a note in the student mail box in reception.

### **What actions are taken against bullying?**

- A bully will be punished in school – detention, loss of breaks, lunchtimes and isolation.

- Parents of the bully will be contacted and they may be asked to come into school to be interviewed with the bully.
- The victim and the victim's parents will be made aware of what is happening.
- A bully could lose certain privileges; he or she would be banned from school teams, school activities, visits and trips abroad.
- A bully could be excluded from school for a period of time depending on the nature of the incident - Governors, the Education Welfare Service and Cumbria Education Authority would then become involved.
- Work may be done with the bully to help them understand their behaviour.
- Mediation work may be undertaken with the Pastoral Leader or in the Engagement Centre.

**REMEMBER:**

**BULLIES NEED HELP AS WELL, SO WE NEED TO KNOW WHO THEY ARE.**