

Anti-Bullying Easy to Read

Respect

Ysgol Ty Coch is a school where respecting rights is important. We follow the United Nations Convention on the Rights of the Child (UNCRC). It teaches us to treat everyone equally and with respect. We aim to make our school a happy and safe place for everyone.

Bullying

We understand that sometimes, some children might try to bully others, making them feel sad or scared.

If someone is being hurt by others physically or emotionally, that is bullying. Bullying can happen in person or online.

Bullying can be confusing and hurtful.

It is different from a simple argument or fallout between friends. Bullying is when someone constantly hurts another on purpose. It can happen often and can make someone feel scared, alone, or powerless.

What is Bullying

Bullying is when someone hurts another person on purpose over and over again. Here are some of the ways this happens:

1. Being Unkind.
A bully wants to upset or hurt the other person. To do this they might pick on something about them, like how they look or act.
2. Hurtful outcomes.
The person being bullied can feel really sad or scared. They might feel alone, embarrassed or lose their confidence.
3. Direct or hidden acts.
Bullying can be done out in the open, like hitting or kicking, or in hidden ways like spreading rumours or sharing private information about someone
4. Doing it over and over.
Bullying isn't usually a one-time thing. It happens again and again.
5. Unequal power:
Usually, bullies have some sort of power over the person they're bullying. They might be older, stronger, or have more friends than the other person.

How bullying can happen:

1. Physical acts: Things like hitting, kicking, taking stuff, or being aggressive.
2. Verbal abuse: Calling names, teasing, and making mean comments.
3. Emotional bullying: Hurting someone's feelings on purpose.
4. Indirect bullying: Actions done secretly or spreading rumours.

5. Online bullying: Using phones, internet or social media to bully.

Bullying can also target someone's race, gender, religion, or disability. It could be based on unkind comments about these things.

If someone is being unkind to someone else based on things like their race, religion, or disability, this could be a "Hate Crime," which is very serious and could involve the police.

Online bullying can be especially hard because it can happen anytime, anywhere. The person being bullied might not even know who the bully is. If someone is being bullied online, lots of people might see it because information on the internet can be shared easily.

If students are being mean to each other on social media after school, it might be necessary to meet with their parents. If the online bullying continues, we might need to tell the parents of the one being bullied to inform the police.

Bullying can really hurt someone's feelings and make them scared or sad

If a child is being bullied, the adults will help make it stop. They'll talk to the bully and the child being bullied, and everyone's parents. If the bullying continues, they'll think about other ways to help.

What to Look Out For

For Teachers:

Bullying can make children very upset and hurt. It can happen in many ways.

- Always watch out for signs of bullying.
- Make sure all children are always taken care of.
- Encourage children to tell an adult if they have a problem. Make sure they know that it's not okay to fight back.
- Always listen to their worries without choosing a side.

Signs of bullying might include:

1. A student often upset or crying, especially after lunch or breaks.
2. They seem upset when they come to school (this could be because of things happening on social media outside of school).
3. They always avoid school activities.
4. They don't want to join in activities when certain students are around.
5. They often report that their things have been damaged.
6. They don't want to go out and play.
7. They are often absent from school or feeling unwell.

What to Do

What to do when bullying happens:

1. Make the situation calm quickly, move the student being bullied or the bully, or both, away from everyone else.
2. Listen carefully to what the student says and write down everything.
3. Support the upset student right away.
4. If the students cannot be separated, it might be necessary to use a method called "restrictive physical intervention (RPI)" which is outlined in a policy. If it is necessary to use RPI, the policy must be followed, the action taken must be written down and the behaviour coordinator must be informed.

Important things to remember

1. Pay attention to possible acts of bullying.
2. Never let children sort out problems by themselves.
3. Avoid threatening or challenging bullies.
4. Do nothing that may make the violence or threat worse.

For parents/Carers

Bullying can happen in many ways. Here are some examples:

- **Physical Bullying:** This is when someone hits, kicks, pushes, or hurts another person's body or stuff.
- **Talking Hurtfully:** This is when someone uses mean words to upset another person. They might call them names, laugh at them, or make up stories that aren't true to make others not like them.
- **Bullying about Money:** This is when someone is mean to someone else because they have less money or different things than them.
- **Sexist Bullying:** This is when someone is mean to another person because of their gender (if they are a boy or a girl).
- **Sexual Bullying:** This is when someone uses inappropriate touch or words that make another person feel uncomfortable or scared.
- **Gender Identity Bullying:** This type of bullying is when someone is mean to another person because they are or seem to be transgender, or someone who doesn't identify as the gender they were born as.
- **Sexual Orientation Bullying:** This is when someone gets picked on because of who they like, or who people think they like.
- **Faith-Based Bullying:** This is when someone is mean to another person because of their religion or what they believe in.
- **Disability Bullying:** This is when someone is mean to another person because they have a disability, a special need, or a medical condition.

- **Bullying the More Able:** This is when someone bullies another person who is more able or who works really hard.
- **Online Bullying:** This is when someone uses the internet or phones to bully or hurt someone else. It could happen on social media sites, through text messages or emails, and the person being bullied might not be able to stop it from happening.
- **Racist Bullying:** This is when someone is mean to another person because of their race, their colour, where they come from, the language they speak, or even because of the food they eat.

If you are worried about bullying, talk to teachers about it:

1. Try to stay calm.
2. Be as specific as you can about what your child says has happened.
3. Write down what action the school plans to do.
4. Ask if there's anything you can do to help your child at school.
5. Stay in touch with the school.

If you're still worried, see the Headteacher or Deputy Headteacher.

Julia Render is the anti-bullying coordinator. If, **after meeting with a member of staff**, you are still unhappy, **you can make a complaint using the Complaints Policy which explains how to do this. You can get a copy of this policy from the school.**

What We Do

In our school, we care for every child's feelings. At times, when a child is upset, it could be because of others bullying them.

At Ysgol Ty Coch, we believe in teamwork. We work with parents and other helpers to spot signs of bullying early.

We try to understand why bullying happens and find ways to prevent it. We are here to help.

We teach our students and the people who work here how to be caring and respectful.

We also teach our children about online safety. Mrs Ashlie Holland helps us understand how to stay safe on the internet. She tells us about the dangers of online bullying and how we can stop it.

We learn how to handle our feelings and treat others well.

We also offer a space for students to express their feelings and worries with staff who are trained in emotional support, or if needed, the Eye-to-Eye Counselling service is available.

Staff Training

Every year, staff and governors are trained on how to deal with bullying and how to help pupils be strong against bullying. This training helps them understand the **law that covers bullying** (Equality Act 2010).

They also learn about how online bullying is increasing and how it forms new types of bullying and the need to promote safe and responsible use of the internet.

Monitoring Incidents

The school keeps detailed records when bullying happens **so they can** spot trends and act **quickly to prevent it happening**.

The behaviour coordinator **regularly** reports the number of bullying incidents to the governors and the **Local Authority**.

Every year, the school reports its bullying statistics.

Everyone, in our team, is involved in doing their best to spot, prevent and stop bullying.