



ANTI-BULLYING[®]

FROM THE DIANA AWARD

ANTI-BULLYING AMBASSADORS

AN INTRODUCTION





Welcome to our parent workshop all about tackling bullying behaviours at Grange Park.

We are the Grange Park Anti-Bullying Ambassadors



WE'RE HERE TO TALK TO YOU ABOUT:

What an Anti-Bullying Ambassador is

What bullying behaviour is

How we encourage children to be an Upstander to bullying behaviour and 'Make some Noise'

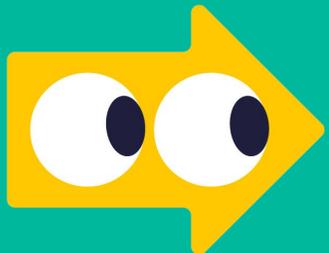
WHAT IS AN ANTI-BULLYING AMBASSADOR?

Alex Holmes, Deputy CEO, had a dream at 16 to see people stand together against bullying after suffering his own bullying experience! He is responsible for starting up the Anti-Bullying Ambassador initiative.





We are...



Anti-bullying ambassadors are trained, passionate young people who will stand up to bullying behaviour and believe they can change things for the better. Anti-bullying ambassadors believe that bullying behaviour is not acceptable and should be part of everyday life at school.

Quiz

Who do you think has got the biggest responsibility to deal with bullying behaviour in schools?

a. School staff

b. Children

c. The Headteacher

HOW DID WE BECOME ANTI-BULLYING AMBASSADORS?

We attended an Anti-Bullying Ambassador training day with a charity called The Diana Award. Here's a photo from our training day:



AT OUR TRAINING, WE:

Defined what bullying behaviour is and the different types through activities and scenarios

Learnt how to support someone who is experiencing bullying behaviour

Started planning our Anti-Bullying campaign – all the ideas we have for making sure bullying behaviour doesn't happen in our school!

WHAT DO THE AMBASSADORS DO?

THE AMBASSADORS ARE ON THE PLAYGROUND EVERY SINGLE DAY AT BREAK AND LUNCH. THEY CAN BE SPOTTED BY THE BADGE THEY WEAR

IF CHILDREN ARE WORRIED THAT THEY ARE EXPERIENCING BULLYING BEHAVIOUR THEN THEY CAN GO AND SPEAK TO ONE OF THEM. THEY WILL LISTEN, HELP AND GO TO AN ADULT ON THEIR BEHALF IF THIS IS APPROPRIATE.

CHILDREN CAN ALSO TALK TO THEM IF YOU ARE FEELING SAD, LONELY OR HAVE FRIENDSHIP PROBLEMS.

WHAT HAVE WE BEEN UP TO IN OUR SCHOOL SINCE TRAINING?



SINCE OUR TRAINING WE HAVE:

1. Met with Rebecca our Anti-Bullying Ambassador lead to discuss which badge we are going to work towards first and what we will do to achieve it.
2. Invited ARISE (Anti Racism in School and Education) in to lead an assembly on discrimination and anti-racism
3. Led an assembly introducing ourselves to the whole school
4. Planned and led on Anti-Bullying week – tomorrow we are encouraging children to take part in 'Friendship Friday'
5. Started work on child friendly leaflets about bullying behaviours and how to speak out. We are going to display them in the local community.

WHAT IS BULLYING BEHAVIOUR_

Repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe.

The Diana Award definition

WHAT IS BULLYING BEHAVIOUR_



V

VERBAL

The repeated negative use of speech, sign language, or verbal gestures to intentionally hurt others.



I

INDIRECT

The repeated negative use of actions, which are neither physical nor verbal, to intentionally hurt others.



P

PHYSICAL

The repeated negative use of body contact to intentionally hurt others.

EXAMPLES_

V

VERBAL

Hurtful words, offensive language, swearing, discriminatory language



I

INDIRECT

Isolating someone, rumours, sharing someone's secrets, cyber-bullying, damaging/taking someone's property, physical intimidation



P

PHYSICAL

Hurting someone intentionally, kicking, punching, pinching, spitting, slapping



Friends fall out!

- We sometimes describe this as relational conflict
- Children fall out and need to learn how to resolve conflicts
- Children need the confidence to deal with conflicts and to develop **resilience**
- But it can lead to bullying...

ANTI-BULLYING WEEK 2023

MAKE A
NOISE

ABOUT
BULLYING



ANTI-BULLYING
ALLIANCE

WHAT IS BANTER?

“

The playful and friendly exchange of teasing remarks.

”

**IT'S NOT
BANTER
IF...**

APPROACHES TO DEALING WITH BULLYING BEHAVIOUR_

TRADITIONAL

Only dealing with perpetrator

Focusing on the rules that have been broken

Pushing the perpetrator

Limited opportunity for expression or understanding

VS.



RESTORATIVE

Include everyone that is affected

Opportunities created for dialogue

Understanding the effects of actions

Agree on positive next steps

LETS EXPLORE...

Sam accuses Peter of stealing his phone
and they have a fight in the corridor.

LETS EXPLORE...

Sam accuses Peter of stealing his phone and they have a fight in the corridor.

Not bullying behaviour, no repetition, relationship conflict. However it is still inexcusable behaviour that must be addressed.

LETS EXPLORE...

Every time Rachel enters the classroom, a group of children laugh loudly amongst themselves.

LETS EXPLORE...

Every time Rachel enters the classroom, a group of children laugh loudly amongst themselves.

Bullying behaviour. Rachel will be impacted by this (the 3 U's). It is indirect as nothing is said to Rachel.

LETS EXPLORE...

Kamal has mild learning difficulties and receives extra assistance from an LSA during lessons. Mia makes a joke about Kamal being “special” which makes him feel embarrassed.

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WHAT IS AN UPSTANDER TO BULLYING BEHAVIOUR?

BYSTANDER

A bystander is someone who sees or knows about bullying behaviour that is happening to someone else but takes no action to address or report it.

VS.

UPSTANDER

An upstander is someone who recognises when something is wrong and acts to make it right. When an upstander sees or hears about someone experiencing bullying behaviour, they speak up and do their best to help, protect and support the person.

Who can your children speak to at school?



Teachers
Headship
LSAs
Playleaders
Extend staff



Learning mentors
Their class trust
box or the virtual
trust box on their
Google
Classroom



The Anti-Bullying
Ambassadors
PALs



Signs and symptoms to look out for if you believe your child is experiencing bullying behaviour:

- Isolation from social groups or gatherings
- Changes in personality (quieter or acting out for attention)
- Fall in school grades
- Defensive body language
- Stopped doing activities they enjoy
- Regularly truants from school
- Does not want to go to school
- Being upset before or after school
- Being secretive and hiding their phone or other devices

CYBERBULLYING TIPS_

Tips to give your child on how to deal with cyber-bullying behaviour:

- Tell someone you trust what has happened
- Report the post/video or photos on the app/online platform
- Block the person posting the content
- Save the evidence by screenshotting
- Don't reply or answer back, however tempting it may be
- If you are ever in immediate danger, ring 999

HOW TO HELP YOUR CHILD IF THEY ARE EXPERIENCING BULLYING BEHAVIOUR

It can be hard as a parent/guardian to find out your child is experiencing bullying behaviour. If your child tells you that this is happening, listen to them carefully, praise them for confiding in you and remain calm.

STEP 1:

Speaking to your child_

- Unhelpful responses include: 'just ignore it', 'man up', 'stop telling tales' or 'it is just a normal part of growing up'. Instead, try helpful responses like 'Thank you for telling me', 'We will get through this together' or 'I will support you through this'.
- Focus on acknowledging how they feel rather than dismissing it. Young people have the right to feel safe and happy at school and bullying behaviour should never be a barrier to learning. Try to remain calm and positive.

STEP 2:

Get all the facts_

- Use active listening, approach conversations with no expectations/hidden agenda and don't ask leading questions. Instead, encourage your child to tell you what has been happening in their own words. Avoid blaming language such as 'I told you not to wear that to school'; remember that experiencing bullying behaviour is never the young person's fault.

STEP 3:

Work with others who can help you_

- Work with the school: There are a lot of school staff who can support your child to take positive next steps. This sometimes includes the school's pastoral lead or SENCO (Special Education Needs Coordinator). All schools are legally required to have an Anti-Bullying Policy and a procedure to follow when bullying incidents takes place. Check the school website or ask to see a copy of these documents so you can work with the school to resolve this together.
- Other parents: You may be tempted to speak to other parents or even post something on social media. This can be detrimental, as it could exacerbate the situation.

At Grange Park...

- We take allegations and incidents of bullying behaviours very seriously.
- We require that all incidents of bullying behaviour are reported to any member of staff and who will then deal with the situation as a matter of urgency.
- A clear account of the incident will be recorded and given to a senior member of staff.
- The senior member of staff will investigate the incident further by speaking to all pupils involved, in consultation with the Class Teacher and the Headteacher will be informed.
- A record will be kept on our school system and will be used for monitoring by SLT and the school Govenenors.
- The outcome will be decided by the senior member of staff in collaboration with the Class Teacher.
- Parents of the target of bullying behaviour and perpetrator will be informed and involved as appropriate.
- Consequences will be put into effect as laid out in the school Behaviour for Learning Guidance and repair will be facilitated.

ANY
QUESTIONS?

