



# Bullying

At Eastern High we have a clear Anti Bullying Policy that helps to make our school a friendly and caring place to be in.

## What do we mean by bullying?

Bullying is where one or more students set out to hurt another student. This hurt can be caused by physical (hitting, punching, pushing etc) or verbal (cussing, taunting, threatening etc) aggression. Bullying can occur over a period of time or it might be a single incident.

There is bullying in every school and all children can be bullies. Because we recognise this, we try very hard to do something about it. We don't have all the answers but we will try to deal with every incident that is reported to us.

## When is it not bullying?

Sometimes when a child is upset with another child, the child can blame the upset on a bullying incident. Some examples of this can be:

- When two friends fall out
- When friendship groups break apart
- A one off incident where an older pupil has accidentally knocked into a younger one through rough play

All of these incidents and many more can upset a child, especially if new to the school. It is important that the child reports these as we will always try to resolve friendship issues and/or hold restorative meetings. It is always important in these cases that the child does not begin to feel victimised.

### Good advice for a student who is being bullied:

- Tell an adult you trust what is happening.
- Get your friends to say NO to bullies.
- Stay with groups of people.
- Don't show you are upset.
- If you are in real danger, get away.
- Fighting back may make matters worse.
- Be vigilant on the way to and from the Academy.

## What do we do about it?

- We make it very clear that bullying is not tolerated at Eastern High. This message is clear in classes and in the ways we model behaviour and follow up incidents. It is also part of the contract all parents sign when a student first comes to Eastern High
- We encourage students to talk to the College Achievement Leaders, tutors and teachers about any problems they have. If we don't know, we can't help
- We look out for any bullying behaviour. There are staff on duty before and after school, at break and lunchtimes.
- We will take action. We will inform parents if their child is being bullied or is bullying.
- We use restorative approaches to resolve bullying issues and to make sure that bullies face up to their responsibilities.
- We help students to understand how to deal with incidents of cyber bullying.
- We write down every incident that is reported to us. Often it is difficult to "catch" bullies. Only by recording every incident can we build up a picture and be able to take action.

Most bullying incidents are "one-off".

The important thing is to help the victim to make the bully understand what the effect of their actions have been. Together, parents and the school must try to let students know that they can get along without bullying or harassing others and that they can gain the confidence to make friends

**Our message to all students  
must be:  
"Tell someone"**