

Parent Meeting about Anti-Bullying at Highgate



What is bullying?

<https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/understanding-bullying/definition>

Definition of Bullying

Bullying is:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. ([Anti-Bullying Alliance Definition](#))

Several

Times

On

Purpose

Physical Bullying



Verbal Bullying



Online Bullying



Psychological Bullying



Decide if these scenario's are bullying...

1. Sid is playing a game of tig with his friends. Joe has no friends and asks if he can play every breaktime but Sid **always** says no he can't play with him and his friends.
2. Molly calls Hannah an idiot so Hannah calls Molly stupid. They fall out and won't talk to each other for the rest of the day.
3. Year 6 pupil Jack always tackles a Year 4 pupil Liam when playing football and kicks him even when he doesn't have the ball. Jack does this every lunch time.
4. A group of Year 5 pupils have made a group chat called 'Susie is a weirdo'. They tell her about the group chat and that they make fun of Susie and send funny pictures of her but they won't let her in it.

Definition of Bullying

Bullying is:

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. ([Anti-Bullying Alliance Definition](#))

How incidents are reported, investigated and recorded...

Highgate pledge to immediately respond to any reports of bullying. We record the details of the incident. We will speak to senior leadership.

We investigate **any** reports of incidents. We will talk to all parties involved, reviewing the school policy and using age appropriate actions to correct behaviour.

If the investigation shows that there has been an incident of bullying it is recorded so it can be reviewed in the future and to help spot any patterns in behaviour. Actions are also recorded.

Parents/carers of both parties of the bullying behaviour will be informed.

Prevention Strategies



- Anti-Bullying Curriculum- We have regular assemblies and lesson every half-term where we teach about what bullying is, the types of bullying and what to do if you see bullying. These focus on respect, empathy and kindness.
- Pupil Voice- Regular meetings with school council, kindness champions and listening monsters/boxes.
- Staff training- Regular training with staff on a range of bullying including recognising and responding to bullying.
- Parent Engagement- Workshops like this, messages on dojo, anti-bullying page on the website.
- Environment- Safe spaces such as the den, kindness champions at lunchtimes, inclusive displays, friendship benches.



Consequences and restorative actions

Consequences are chosen depending on the nature, circumstances and persistence of any incidents. These often include several of the following:

- Missed playtimes
- Internal seclusion
- Fixed term suspension

As well as consequences it is also important to put support in place both for the victim and the pupil carrying out the bullying behaviour. These include:

- Pastoral support (ELSA)
- Check-ins
- Restorative conversations
- Peer mentoring
- Behaviour support plans
- Reflection time

Supporting the victim

Support will be decided on a case-by-case basis. We will discuss what we think the victim needs in the situation.

These are a few of the ways we support victims:

- ELSA pastoral support either 1:1 or in a group situation
- Regular check-ins with a familiar safe adult. This could be their class teacher, TA or a member of the pastoral team.
- Restorative conversations between the victim and the pupils carrying out the bullying behaviour in a safe environment with a familiar adult.
- Peer mentoring pairing the child up with another child that is supportive and a positive friend/role model.
- Worry books that are regularly checked by adults.

How can you support at home?

Ways to support your children at home whether that be to talk to you if they are being bullied or what to do if they see bullying behaviour at school.

- The signs of bullying to look for
- What bullying is and being consistent with the schools definition
- Coaching your child to be assertive if a child is unkind/mean
- Encourage them to report rather than 'putting up with it'
- Modelling respectful communication especially when in a falling out.

Support school provides:

- Anti-bullying page on our website has links to lots of information.
- Open communication with staff

How should you report concerns.

1. Report your concerns promptly to either your child's class teacher, designated safeguarding leads or anti-bullying staff champions.
2. Include all information such as dates, times and any evidence (if it is online or written). We can write it down to aid with this.
3. We will always take a report seriously and investigate it thoroughly. This normally takes a day or two to fully investigate.
4. We will report back to you with the results of our investigation and whether there has been any follow up such as consequences, support or changes made at school.

Attention!

These are your school Anti-Bullying Champions!
Talk to them about **anything** to do with bullying.



Mrs Sale



Mrs Gamble



Mrs Allen



Mrs Mallon Anti-Bullying
Staff Lead

DON'T!

Confront the
child or the
child parents

Online Safety

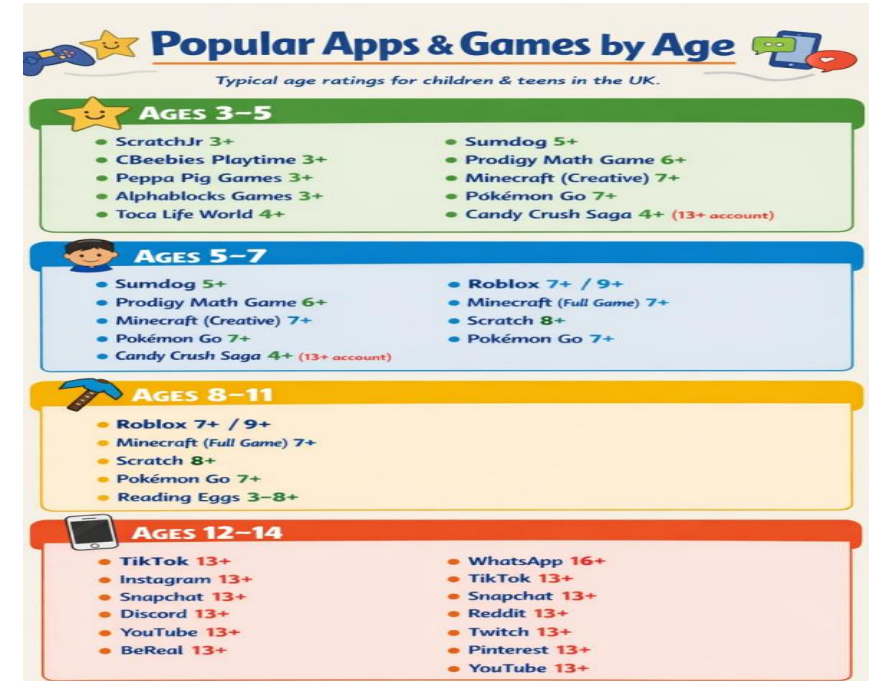
Children will often have access to tablets, laptops, phones and gaming platforms where they can access Roblox, fortnite, youtube, whatsapp, Tik Tok, Instagram and many more.

Online Safety is about teaching children about what is safe to share online, recognise safe and unsafe behaviour, know when and how to tell an adult and build healthy digital habits early on. We teach specific online safety lessons every half-term and have regular assemblies too. At school we can:

- Work with parents to resolve issues
- Support children emotionally
- Apply behaviour policies spill into school life.

However school cannot:

- Monitor children's devices
- Control what happens on apps outside school hours
- Access private account or messages
- Enforce age restrictions.



Online Safety continued.

These are a few ways you can help prevent cyberbullying and keep your child safe online:

1. Set clear rules for device usage (shares spaces, no phones/tablets in their bedroom, time limits and age-appropriate apps only)
2. Teach children to pause before posting (Would you say that someone's face if not don't type it)
3. Encourage children to tell an adult (Make it normal, not shameful to ask for help)
4. Check privacy settings (turn off chat features when possible, use parental controls, disable friend requests from strangers)
5. Keep communication open (Ask: who do you play with online, has anything online made you feel uncomfortable, what would you do if someone was unkind online)
6. Save evidence (If cyberbullying happens screenshot messages, record usernames, note dates and times to help the school respond)

Cyberbullying

Cyberbullying can often feel worse than other types of bullying because:

- It can happen 24/7, not just when they are at school.
- Children can't escape it by going home.
- Messages can be shared widely with other children in the class, school and beyond that.
- Children may feel embarrassed or scared to tell an adult.
- Online behaviour can feel anonymous, so children may act differently send messages that are meaner than they would in person.

Does anyone have any questions
This could be to raise concerns,
share ideas or just feel heard.

There is also a box that you can write questions or information on if
you would like.