



Ark Greenwich Free School

AGFS Anti-Bullying Charter **Written by the Student Leadership Group (2020)**

Introduction

It is important, as a scholar, that we can learn in a safe, friendly and comfortable environment to get the best education and school life possible. Whether it is calling someone hurtful names (racist remarks, comments about someone's appearance) or situations resulting in violence (hitting, kicking, theft), this is a form of bullying. Making someone feel uncomfortable by bullying indirectly, such as saying mean things about them or controlling, blackmailing, and manipulating people is bullying and it will not be tolerated in or outside of AGFS. Before you do something, think about the consequences leading up to that and how you would feel if you were treated the way you are treating another.

Verbal and indirect bullying could include emails, cyber-bullying, texting on mobile phones and social networking. You may begin to see a change in someone's previous behaviour or attitude as a result of their experiences with bullying. This could be from them being normally happy and lively to anxious and worried about future acts of bullying, keeping themselves away from crowds, mysterious absences or always trying to stick with an older/authority figure. Additionally, you may see changes in their work effort; these may include lack of concentration and opting out. We strongly encourage that scholars report any signs of bullying to school staff or via the [Sharp System](#). This is because all staff need to be able to take action and respond in line with the school behaviour policy.

To prevent bullying the school will:

- Identify bullies
- Take into consideration the needs of the specific children, the victims as well as the bullies
- Create a method to deal with the different stages of bullying and the impact it has on the people being affected
- Make sure that all staff within the school environment are aware of the steps taken to deal with the different degrees of bullying
- Make sure to create awareness about the topic and make time for discussions on the children's mental, social and physical well-being
- Distribute this charter throughout the school environment (assembly, anti-bullying week)



Ark Greenwich Free School

Consequences of bullying:

If you are bullying someone there are many effects it can have on the person and yourself. You need to think of these effects before acting, as you are not capable of controlling someone else's emotions. Here are some consequences of bullying:

- The person's well-being - bullying someone can affect someone's physical/mental health causing them to become ill
- Education - bullying someone can affect their education as they may lose focus in class or try to avoid attended school altogether
- Depression - although you may not know it, bullying someone can deeply affect a person's mental health, resulting in depression and in worse cases, suicide
- Personality - bullying can result in a change in personality traits as the victim may start to become more weary of situations and who they talk to. It can also affect their friendships as they start to lose trust in people, they may become quieter and less confident as people put them down.

Who you can go to if you are getting bullied:

If you feel uncomfortable in school and feel that someone is making you feel sad or you're fearful, you should speak up and say something. There is no harm in seeking help from another if you feel uncomfortable in school. Here are actions you can take if you are getting bullied:

- Tell a family member, a teacher or anyone you can trust - talking to someone about your situation can help a lot and help to resolve the situation.
- Your teachers are there to support you and be there for you so talk to them if necessary (this can be your form tutor or Head of Year).
- Don't let it affect you - It can be hard sometimes to ignore a bully but having a reaction is what they want so don't give it to them. You can only affect your emotions, not theirs.
- Stand tall - be confident in who you are. If someone's bullying you it's probably because they're jealous of you, so don't change who you are just for someone else.

Responses to bullying

Staff may take the following actions when dealing with bullying incidents:

- If any signs of bullying are reported, the situation will be acted upon immediately by the member of staff in which the incident was reported to;
- A detailed summary of the incident will be recorded and sent to the safeguarding team;



Ark Greenwich Free School

- A member of the pastoral team will take statements and interview any related scholars and will also record the incident;
- Parents will be updated and informed about any incidents and sanctions

Students who have been bullied will be supported by:

- Offering an opportunity to share their experiences with the safeguarding team or any member of staff of their choice (this could be their form tutor);
- Encouraging the student;
- Providing ongoing support; and
- Bring back positivity and confidence into their mindsets.

Students who have been bullied will also be helped by:

- Talking about their experiences;
- Finding out the reason why the student became a victim of the incident;
- Identifying the wrong acts and changes that need to be made;
- Encouraging parents to try to change the attitude of the scholar

The following punitive actions can be taken against bullies:

- Detentions;
- Exclusion of certain activities or engagement with the school facilities;
- Student behaviour tracking;
- Internal exclusion;
- Fixed term exclusions;
- Permanent exclusion

Ways you can help

If you see someone who is getting bullied it is fundamental that you notice it and do not ignore it. Sometimes, going to a teacher straight away isn't the best option as the person may not want to, so you should start off by approaching them in a friendly way and simply ask what the matter is.

If you can see someone being bullied, don't stay quiet, if you think it's wrong and you can see that they are affecting the person, tell them to stop. If they continue, then take further actions by telling a teacher or a parent/carer to resolve the situation as the person getting bullied may not have the confidence to do so.

If you are friends with the person who is bullying, tell them to stop. Don't be a follower, be a leader. If you can see that what a person is doing is wrong/, tell them to stop. Bullying isn't a trend and it is not cool. People have more respect for people who don't bully than people who do. Treat others the way you want to be treated. Speak to others the way you want to be spoken to. Respect is earned, not given.