



**A M B A S  
S A D O R**



**Saturday 28 September  
Anti-Bullying Parents' Forum  
10am-12pm**

## Programme:

- **Welcome and Introduction** - Mr Lavery
- **The Anti-Bullying Journey at Barney** - Jemimah
- **The Anti-Bullying Ambassadors** - Liam & Katie
- **Anti-Bullying Ambassador Projects** - Emma
- **What is bullying?** - Mr Lavery
- **Our message to pupils**
- **How we respond to bullying**
- **Advice for parents**
- **Questions**





### Aims of this morning:

- To share the work of our Anti-Bullying Ambassadors with parents
- To promote understanding of what bullying behaviour is
- To highlight the support network in school that surrounds your child
- To share how we respond to incidents of bullying behaviour
- To share advice with parents on signs to look out for and how you can support your child



# The Journey So Far...

February 2019 – present day....



## ANTI-BULLYING AT BARNEY

Every Barney pupil has the right to be happy and to be themselves

### WHAT IS BULLYING?

REPEATED NEGATIVE BEHAVIOUR THAT IS INTENDED TO MAKE OTHERS FEEL UPSET, UNCOMFORTABLE OR UNSAFE

### WHAT DOES BULLYING LOOK LIKE?



#### VERBAL

Hurtful words, offensive language, swearing, discriminatory language



#### INDIRECT

Isolating someone, rumours, sharing someone's secrets, Cyber-bullying, derogatory talking, someone's property and physical intimidation



#### PHYSICAL

Hurting someone intentionally, picking, punching, pinching, Spitting, slapping

If you are being bullied or know someone who is being bullied

#### TELL A TEACHER

or

#### SPEAK TO ONE OF OUR ANTI-BULLYING AMBASSADORS

or

#### CLICK ON THE DESKTOP "REPORT BULLYING" ICON



## ANTI-BULLYING AMBASSADORS

Your school's Anti-Bullying Ambassadors will be noticeable by the square Anti-Bullying Badge they wear.



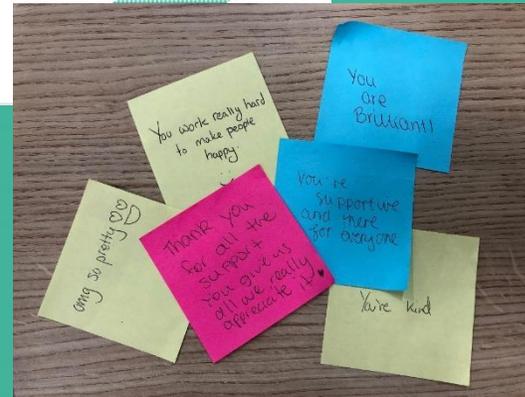
IT'S FEEL GOOD FRIDAY!!!!

ONE OF OUR ANTI-BULLYING AMBASSADORS WILL GIVE YOU A POST-IT NOTE.

ENJOY THE MESSAGE!!!!

Look out for us in assemblies and on our new notice board coming soon...

If you are passionate about standing up to bullying, talk to one of our ambassadors about joining the campaign.



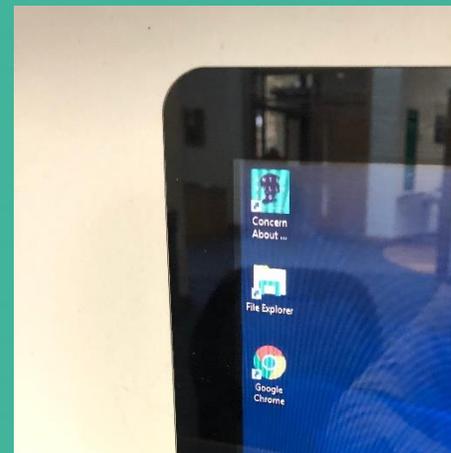
Come and talk to us about absolutely anything.  
We're here to listen, talk and support you.  
**YOU'RE NOT ALONE**

## STOP, DROP & TALK

IT'S OKAY NOT TO FEEL OK

TUESDAY & THURSDAY LUNCH TIMES DROP IN

IN THE LEARNING SUPPORT CLASSROOM  
(Opposite the water fountain at back porch)



## HOW TO SUPPORT A PEER

As learnt in your Anti-Bullying Ambassador Training, follow these simple steps to provide the best support that you can to your peers.

- 1 Before a conversation with a peer about bullying behaviour begins, make it clear you can't promise to keep your chat a secret if they or someone they know is at risk of harm, as you will have to tell a responsible adult in school.
- 2 It can be incredibly difficult for someone to talk about their experience with bullying. Acknowledge their bravery - it will make them feel really valued.
- 3 As an Anti-Bullying Ambassador, listening is a crucial skill. Say 'In your own time, tell me what's been going on' - it will make them feel supported.
- 4 You will not know how to solve every bullying issue. Encourage your peers to come up with their own solutions. This will empower them to take action to solve their issues. Always speak to your Staff Anti-Bullying Lead and team of Anti-Bullying Ambassadors if you're unsure, as they will be able to help

# WHAT HAVE WE GOT PLANNED?

Diversity  
Dash

Balloon Release

Social Media  
Training Yrs 5-7

Lunchtime  
Listening Hub

Yr7 ABA  
Workshop

House Notice  
Boards

Anti-Bullying  
Survey

Theatre Piece

Video  
Campaign

Pupil Friendly  
Anti-Bullying  
Policy

ABA Social  
Media Page

Peer Support/ABA  
Lunch Dates

Engage Local  
Schools



# The 2 'strands' of ABA...

## Culture:

- To celebrate individuality and diversity within the Barney community
- To ensure the Barney community is inclusive of race, religion, sexuality, gender, age and interests
- To stand up for what is right for every individual and to challenge people who are unaccepting of others
- To take action to eliminate discrimination of any type
- To ensure every Barney pupil contributes positively to our Community and society in general

## Practicality:

- To ensure that Barney School has a robust policy regarding Anti-Bullying
- To ensure that all pupils, staff and parents understand this policy
- To ensure that any bullying behaviour is handled sensitively and robustly
- To ensure that any targets of bullying are fully supported
- To ensure the school is fully aware of when, where and how bullying behaviour is happening





FROM THE DIANA AWARD

# WHAT IS BULLYING?

**“REPEATED NEGATIVE  
BEHAVIOUR THAT IS  
INTENDED TO MAKE  
OTHERS FEEL UPSET,  
UNCOMFORTABLE OR  
UNSAFE.”**

The Diana Award definition

# WHAT IS BULLYING?



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

## **VERBAL**

Hurtful words, offensive language, swearing, discriminatory language



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

## **INDIRECT**

Isolating someone, rumours,  
Sharing someone's secrets,  
Cyber-bullying, damaging/taking someone's property  
and physical intimidation.



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

## **PHYSICAL**

Hurting someone intentionally, kicking,  
Punching, pinching,  
Spitting, slapping.

## ANTI-BULLYING AT BARNEY

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#### PHYSICAL

Hurting someone intentionally, kicking, Punching, pinching, Spitting, stepping.

If you are being bullied or know someone who is being bullied

TELL A TEACHER

or

SPEAK TO ONE OF OUR ANTI-BULLYING AMBASSADORS

or

CLICK ON THE DESKTOP "REPORT BULLYING" ICON



# Our message to pupils...

Tell a teacher

Speak to one of our Anti-Bullying Ambassadors

Use the "Report Bullying" icon on computer desktops



BARNARD  
CASTLE  
SCHOOL

## THE 12 TO TURN TO

Something on your mind?

In addition to your **parents or family**, there are 12 additional routes that you can turn to if you have something you want or need to say about anything that concerns you:

1. A Friend
2. Your Head of House
3. A Peer Supporter
4. Your Teacher
5. Your Tutor
6. Your Housemaster / Housemistress
7. A Member of the Senior Team,  
Mr Jackson, Headmaster; Mr Pepper, Second Master; Mr Lavery, Deputy Head (Pastoral); Dr Trevis, Deputy Head (Academic) or Mr Cresswell, Deputy Head (Sixth Form)
8. The School Counsellor, Mrs Thirling
9. The Independent Listener, Mrs Ewart (07810 087980)
10. The School Nurses, Mrs Robson & Mrs Farren
11. The Chaplain, Father Darren
12. Confidential Post Boxes



If you can't tell anyone initially, but know you need to say something, write it down on a piece of paper, put your name on it, and put it into one of the six confidential post boxes around the school

## THE DIANA AWARD CRISIS MESSENGER\_

The Diana Award Crisis Messenger provides free, 24/7 crisis support across the UK, powered by our trusted partner, Crisis Text Line.

**1** HOW TO GET STARTED\_  
Text DA to 85258.

**2** SAY HELLO\_  
Trained volunteers will listen to how you're feeling and help you think about the next steps towards feeling better.

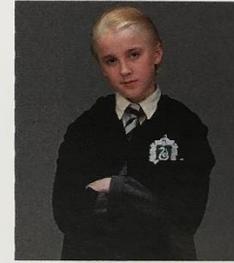
For more information visit:  
[www.diana-award.org.uk/news/diana-award-crisis-messenger](http://www.diana-award.org.uk/news/diana-award-crisis-messenger)

**3** CHAT\_  
You'll text each other, only sharing what you feel comfortable with.

**4** WHY DOES THIS HELP?  
By asking questions, listening to you and responding with support, they will help you think through your feelings until you both feel you are now in a calm, safe place. You might be signposted to other services, so that you can continue to get support.

## How do we respond to bullying?

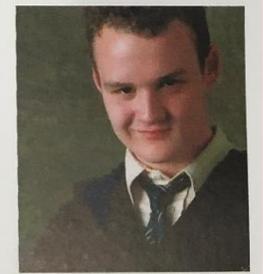
- Anti-Bullying Policy
- Disclosure of information
- Consultation about how to handle
- Support in place
- Investigation – establishing roles
- Interviews – establishing facts
- Sanction and support
- “Once is a mistake. Twice is a choice.”



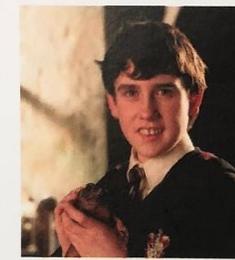
RINGLEADER



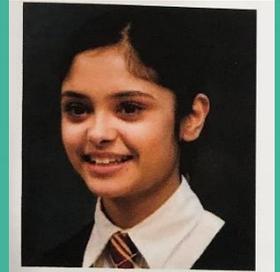
ASSISTANT



REINFORCER



TARGET



BYSTANDER



UPSTANDER



DEFENSIVE BODY LANGUAGE **SADNESS**  
**SELF-HARM** AVOIDS EYE CONTACT  
IRRATIONAL BEHAVIOUR  
**CRYING** STOPS DOING ACTIVITIES THEY ENJOY  
REGULARLY TRUANTS FROM SCHOOL  
CHANGE IN PERSONALITY **EXTREME**  
**FALL IN GRADES** **REACTIONS**  
BECOMES A SCHOOL REFUSER  
INABILITY TO EFFECTIVELY COMMUNICATE  
ALWAYS SEEMS TO HAVE A 'PHANTOM  
**DEPRESSION ILLNESS'**  
ISOLATES THEMSELVES FROM SOCIAL GROUPS  
BEGINS TO EMULATE NEGATIVE BEHAVIOUR  
DISPLAYED BY OTHER STUDENTS

## If your child tells you they are being bullied...

Telling a parent is a big step. Your child may worry that telling you will make you angry or upset.

Stay calm and thank them for telling you. It is really important that you listen to what your child is telling you and observe their behaviour.

Your child wants to know that you believe what they are saying and will support them through this tough time. If they are confiding in you it means that they are asking for help and support.

It is important to talk to your child about how you can take action together to stop the bullying: ask them what they would like you to do.

Once you have listened to your child, contact the school – your child's class teacher (Prep) or tutor (Senior).





## HELPLINES AND SUPPORT

### BULLYING

Anti-Bullying Pro Website  
[www.antibullyingpro.com](http://www.antibullyingpro.com)

### EMOTIONAL SUPPORT

Befrienders Worldwide  
[www.befriendersworldwide.com](http://www.befriendersworldwide.com)

### EMOTIONAL SUPPORT AND SUICIDE PREVENTION FOR THOSE IN A CRISIS

Samaritans  
116 123  
[www.samaritans.org](http://www.samaritans.org)

### LGBT+ SUPPORT

Switchboard Helpline  
0300 3300 630  
[www.switchboard.lgbt](http://www.switchboard.lgbt)

### 25 AND UNDER

Get Connected  
0808 808 4994  
[www.getconnected.org.uk](http://www.getconnected.org.uk)

### CYBER BULLYING

CEOP  
[www.ceop.police.uk](http://www.ceop.police.uk)

### MENTAL HEALTH

Young Minds  
[www.youngminds.co.uk](http://www.youngminds.co.uk)  
0808 802 5544

### ISOLATION

Red Balloon  
[www.redballoonlearner.co.uk](http://www.redballoonlearner.co.uk)

### EATING DISORDERS

BEAT  
0345 634 7650 / [fyp@b-eat.co.uk](mailto:fyp@b-eat.co.uk)  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

### NO PROBLEM TOO BIG OR TOO SMALL

Childline  
0800 1111 (UK)  
1800 66 66 66 (IRE)

**If your child tells you they are being bullied...**

### **Don't take on the problem yourself**

Allow your child to have control of what happens next.

Work with us to resolve the issue.

### **Speak to your child**

Use open questions such as *When, What, How* to establish your child's version of events.

Screenshot messages.

### **Monitor the situation**

Encourage your child to talk through their day.

Liaise closely with their tutor and HSM.

Compliment your child and do activities with them they enjoy.

### **Help your child to practise being assertive**

Help your child with body language.

Help your child to develop a response when they are made to feel unsafe.

Don't encourage your child to retaliate.

Reiterate with your child who they can turn to in school.





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