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St Philip Howard
CATHOLIC SCHOOL



Anti-Bullying Policy – ‘STOP’ – (including Online/Cyberbullying)

ST PHILIP HOWARD CATHOLIC SCHOOL

**This Policy has been approved and adopted by the Governors of
the Standards committee**

Approved	Review
December 2024	December 2025



Aim

1. The aim of this Policy is to state the school's position in regard to bullying behaviour (including online/cyberbullying), to explain what action the school takes to prevent bullying in any form and to explain the procedures to be followed in the event of a reported bullying incident.

Introduction

2. At St Philip Howard Catholic School (SPHCS), our vision is for all students to be 'Happy, Kind and Well-educated'. Our community is based on respect, good manners and fair play. We are committed to providing a safe and caring environment that is free from disruption, violence and any form of harassment, so each member of staff and every one of our pupils can develop to their full potential. We expect our staff and pupils to treat each other with courtesy and co-operation so that they can learn in a relaxed; but orderly atmosphere. All staff and pupils should care for and support each other.
3. SPHCS prides itself on its respect and mutual acceptance. Parents/Carers have an important role in supporting SPH in maintaining high standards of behaviour. It is essential that school and homes have consistent expectations of behaviour and that they co-operate closely together. Acceptance of this policy forms part of our standard terms and conditions.
4. Bullying, harassment, victimisation and discrimination will not be tolerated. We treat all our pupils and their parents/carers fairly and with consideration and we expect them to reciprocate towards each other, the staff and the school. Any form of unkind behaviour that is **Several Times on Purpose (STOP)** will be classified as bullying behaviour and it will not be tolerated at SPH.
5. This policy has been devised with reference to The Equality Act 2010 and DfE *Preventing and Tackling Bullying; Advice for Headteachers, staff and governing bodies* as well as the DfE document, 'Online bullying: Advice for Headteachers & School Staff'.

Definition of Bullying - Several Times On Purpose (STOP):

6. There is no legal definition of bullying.

The Anti-Bullying Alliance define bullying as:

"The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online."

It takes many forms and can include:

- physical assault
 - teasing
 - making threats
 - name calling
 - cyber/online bullying - bullying via mobile phone or online (for example email, social networks and instant messenger)
7. It can involve manipulating a third party to tease or torment someone. It can involve complicity that falls short of direct participation. Bullying is often hidden and subtle. It can also be overt and intimidatory.
8. Bullying may involve actions or comments that are racist, cultural, homophobic, which focus on disabilities or other physical attributes (such as hair colour or body shape). Bullying can happen anywhere and at any time and can cause psychological damage. We always treat it very seriously. It conflicts sharply with the school's policy on equal opportunities, as well as with its social and moral principles.

Signs of bullying

9. Changes in behaviour that may indicate that a pupil is being bullied include:
- unwillingness to come to school;
 - * displays of excessive anxiety, becoming withdrawn or unusually quiet;
 - * failure to produce work, or producing unusually bad work, or work that appears to have been copied, interfered with or spoilt by others;
 - * books, bags and other belongings suddenly going missing, or are damaged;
 - * changes to established habits (e.g. giving up music lessons, change to accent or vocabulary);
 - * diminished levels of self-confidence;
 - * frequent visits to the school nurse with symptoms such as stomach pains and headaches;
 - * unexplained cuts and bruises;
 - * frequent absence, erratic attendance, late arrival to class;
 - * choosing the company of adults;
 - * displaying repressed body language and poor eye contact;
 - * displaying inappropriate/bullying behaviour towards others
 - * unwillingness to discuss any problem for fear of recrimination;
 - * difficulty in sleeping, experiences nightmares and
 - * talking of suicide or running away.
10. Although there may be other causes for some of the above symptoms, a repetition of, or a combination of these possible signs of bullying should be investigated by parents and teachers. Please inform SPH immediately if you have any concerns. You

can inform the school via phone call (preferred) or by email to your child's Head of Year or a member of the Senior Leadership Team.

Preventative measures

11. This code of conduct is reinforced regularly:
 - * we use appropriate assemblies and tutor time to explain the school policy on bullying. Our pastoral programme is structured to give pupils an awareness of their social and moral responsibilities as they progress through the school. The programme is structured to enforce the message about community involvement and taking care of each other and what action to take if pupils believe someone is being bullied;
 - * other lessons, particularly RE, English, Citizenship, Drama and tutor times highlight the issue of bullying and reinforce this message by teaching moral and spiritual values that show bullying to be unacceptable and by developing social skills;
 - * all our pupils are encouraged to tell a member of staff at once if they suspect that bullying is taking place;
 - * staff are regularly updated/trained and know the School's policy on how to deal with bullying;
 - * all reported incidents are recorded and investigated at once. We always monitor reported incidents;
 - * we have a strong and experienced pastoral team of Form Tutors and Heads of Year, who support the Leadership Team and are trained in handling any incidents as an immediate priority, and are alert to the possible signs of bullying;
 - * our Pastoral Team gives support and guidance to other staff on handling and reporting incidents;
 - * our trained Student Wellbeing Support team are an important part of our pastoral support service, providing specialist skills of assessment and support. They are available to give confidential advice and support to pupils who can refer themselves to them when they have social, emotional or behavioural concerns. On occasion, a member of our pastoral team may also refer a pupil to one of the Wellbeing team;
 - * the School Chaplain will give support and guidance to pupils of all faiths who are able to refer themselves to him/her; perhaps at a time of family break-up, sickness or bereavement, the Chaplain will provide confidential advice and seek to encourage the development of tolerance, understanding and respect for others in the SPHCS community;
 - * staff are always on duty at times when pupils are not in class and patrol the school site, particularly areas where bullying might occur. They are trained to be alert to inappropriate language or behaviour;

- * our medical room displays advice on where pupils can seek help, including details of confidential help lines, web sites and support centres, connecting to external specialists such as Childline, YES, YMCA and Early Help;
- * pupils are encouraged to talk to any member of staff that they trust following our Go2 strategy.
- * we reserve the right to investigate incidents that take place outside school hours, on school visits and trips and that occur in the vicinity of the school, involving our pupils
- * we welcome feedback from parents and guardians on the effectiveness of our preventative measures.

Cyberbullying – definition

12. [. https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) describes this unpleasant phenomenon in the following terms: “Cyber bullying is any form of bullying which takes place online or through smartphones and tablets. Social media -<https://www.nspcc.org.uk/keeping-children-safe/online-safety/social-media/>, messaging apps, gaming sites and chat rooms such as Facebook, Xbox Live, Instagram, YouTube, Snapchat and other chat rooms can be a positive experience, but also pose a risk to young people if used inappropriately or left unmonitored by parents/carers or trusted adults’

Cyberbullying – preventative measures

13.

- In addition to the preventative measures described above, St Philip Howard Catholic School:
- * expects all pupils to adhere to its policy for the safe use of the internet. Certain sites are blocked by our filtering system and our IT Department monitors pupils’ use;
- * may impose sanctions for the misuse, or attempted misuse of the internet;
- * issues all pupils with their own school email address. Access to sites such as “hotmail” is not allowed;
- * adheres to recommended guidelines regarding e-teaching and the internet;
- * offers guidance on the safe use of social networking sites and cyberbullying in lessons, which covers blocking and removing contacts from “buddy lists”;

offers guidance on keeping names, addresses, passwords, mobile phone numbers and other personal details safe;

- * mobile phone use is covered by our mobile phone policy.

- * the use of cameras on mobile phones is not allowed (unless permission is once again granted and closely monitored by staff for educational purposes), especially in changing/wash areas within school.

Procedures for dealing with reported bullying (STOP)

- 14 If an incident of bullying (**Several Times On Purpose**) is reported, the following procedures are adopted:
- * the member of staff to whom it was reported or who first discovers the situation, will control the situation, reassure and support the pupils involved;
 - * he/she will inform an appropriate member of the pastoral team as soon as possible;
 - * the person being affected by bullying will be interviewed on his/her own and asked to write an account of events;
 - * the person exhibiting bullying behaviour, together with all others who were involved, will be interviewed individually and asked to write an immediate account of events;
 - * the incident should be recorded in writing, signed and dated;
 - * all tutors, and Heads of Year should be informed. In very serious incidents, the Head Teacher should be informed;
 - * the person exhibiting bullying behaviour will be interviewed at a later stage by a member of the pastoral team, separately from the person who has been affected and it will be made clear why his/her behaviour was inappropriate and caused distress. He /she will be offered guidance on modifying his or her behaviour, together with any appropriate disciplinary sanctions;
 - * the member of staff will calmly explain the range of disciplinary measures that are potentially involved;
 - * the parents/guardians of all parties should be informed and where appropriate, invited to the school to discuss the matter. Their support should be sought;
 - * a way forward, including disciplinary sanctions and restorative practice, should be agreed. This should recognise that suitable support is needed both for children who are being bullied and for pupils who bully others, as well as dealing with appropriate disciplinary measures. This would most likely take the form of a 'Positive Behaviour Management' session.
 - * a meeting involving all parties, with close staff supervision, could be helpful in developing a strategy for all concerned to close the episode;
 - * the ongoing situation will be closely monitored;
 - * in very serious cases and only after the Headteacher has been involved, it may be necessary to make a report to the Police or to Social Services. (However, it is the policy of SPHCS to attempt to resolve such issues internally, under the school's own

disciplinary procedures, unless the matter is of such gravity that a criminal prosecution is likely).

- * should bullying behaviour persist the school will follow sanction procedures in line with the behaviour policy.