



# **Burlington Junior School Anti-Bullying, Harassment and Discrimination Policy**

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## Anti-Bullying, Harassment and Discrimination Policy

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### AIMS OF THE POLICY

- At Burlington Junior School we are committed to providing a caring, friendly and safe environment for all of our pupils, so they can learn in a relaxed and secure atmosphere. Bullying, harassment and discrimination of any kind is unacceptable at our school. If they do occur, all pupils should be able to feel confident to inform relevant staff and know that incidents will be dealt with promptly and effectively
- We actively promote values of respect and equality and work to ensure that difference and diversity is celebrated across the whole school community. We want to enable our pupils to become responsible citizens and to prepare them for life in 21<sup>st</sup> century Britain. These values reflect those that will be expected of our pupils by society, when they enter secondary school and beyond in the world of work or further study.
- All governors, teaching and non-teaching staff, pupils and parents should have an understanding of what bullying, harassment and discrimination is
- All governors, teaching and non-teaching staff, pupils and parents should know what the school policy is on bullying, harassment and discrimination and follow the policy, when any of these actions are reported.

#### **This Policy should be considered in conjunction with:**

- The Behaviour Policy
- The Child Protection Policy
- YHGFL E-Safety Guidance
- The Equality Duty Act
- S E N Policy
- The IT Policy
- The E-Safety Policy

The School works to meet its responsibilities to safeguard and promote the welfare of all its pupils in accordance with **The Education Act 2002 – “Safeguard and promote welfare” (Appendix A)** and to prevent all forms of bullying **Education and Inspections Act 2006 – “Prevent all forms of bullying” (Appendix B)**. **The school also works in accordance with the 2010 Equality Act.**

The School works with staff, pupils, parents and governors to ensure all are consulted and informed regarding the Anti-Bullying, Harassment and Discrimination policy and procedures. Appropriate training and information is given to all parties as required throughout the school year. Consideration is made of the views of all parties during the annual revision of this policy and through on going procedures.

## **DEFINITIONS**

### **BULLYING**

Bullying is "Behaviour by an individual or group, usually repeated over time that intentionally hurts another individual or group, either physically or emotionally".

Bullying can be:

#### **Direct:**

- Physical (e.g. physical violence, unwanted sexual contact etc)
- Verbal (e.g. name calling, abusive comments etc)
- Non-Verbal / Emotional / Psychological (e.g. being unfriendly, excluding, tormenting etc).

#### **Indirect:**

- Rumour spreading or harmful actions taken behind the back of the target

#### **Cyber:**

Using Social networking sites, text, email, Facebook, Instagram and other Apps etc to:

- Send deliberately hurtful messages etc
- Spread malicious rumours
- Turn pupils against another pupil with the aim to exclude them
- Take / share unwanted photos.

#### **Bullying relationships can take a number of forms, including:**

- Student on pupil
- Pupil on staff
- Staff / adult on pupil
- Adult on adult.

People are bullied for many reasons or no reason. Bullying relates to "difference" – real or imagined. This may include:

- Appearance
- Ability
- Health
- Family / home circumstances. (e.g. Looked after and young carers)
- Social class
- Race / religion / culture
- Disability / SEN
- Homophobia
- Biphobia
- Gender (sexist bullying)
- Gender (transphobic bullying)

### **HARASSMENT**

Harassment can be defined as any unsolicited and unwelcome, hostile or offensive act / conduct, expression or derogatory statement including incitement to commit such behaviour, which has the purpose or effect of causing distress to an individual or group of individuals and violating their dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment for that individual or group of individuals.

It can include persistent (or a serious single incident) of unwanted, unwelcome or unreciprocated physical, verbal and non-verbal conduct. The conduct can relate to a wide variety of personal characteristics, social or cultural background, race, ethnic origin or skin colour, sex or sexual orientation, religious or political convictions, disabilities, sensory impairments or learning difficulties, status as ex-offender, age or youth, real or suspected infection with HIV or other illness, association with any of the above, willingness to challenge harassments, leading to victimisation.

Examples of harassment could include:-

- Unwanted / upsetting physical contact ranging from touching to serious assault
- Unwanted / upsetting verbal and written contact such as jokes, offensive language, gossip and slander, sectarian songs, letters, offensive flirtations, suggestive remarks, innuendoes or lewd comments
- Unwanted / upsetting visual display of posters, suggestive pictures or objects, obscene gestures, graffiti, flags or emblems, including inappropriate use of modern technology such as offensive E-mail messages, texts, images, or inappropriate screen savers etc.
- Isolation or non-co-operation at work, exclusion from social activities
- Unwanted / upsetting coercion
- Any other action or incident in which the pupil feels they have been subjected to harassment.

Harassment is ultimately determined by the response of the recipient and not by the intention of the person who has caused offence. Individuals have different levels of sensitivity and investigations into whether conduct should reasonably be considered to have the effect of violating the recipient's dignity must take into account the recipient's perceptions.

### **DISCRIMINATION**

Direct discrimination occurs when a person or group is treated less favorably than others for various reasons. Described as Protected Characteristics this may include race, age, colour, disability, nationality, ethnic or national origins, religion, sex, sexual orientation, actual or perceived AIDS / HIV status, age or social background, marital / civil partnership status. Discrimination can also occur by association e.g. someone is discriminated against because they have an association with someone with a protected characteristic.

The actions may or may not be deliberate, but cause offence to the person concerned and the perpetrator knew or should have known that they would cause offence.

### **DEROGATORY LANGUAGE**

Derogatory or offensive language is not acceptable and will not be tolerated. This type of language can take any of the forms of bullying listed in our definition of bullying. It will be challenged by staff and recorded in our confidential electronic files. Follow up actions and sanctions, if appropriate, will be taken for pupils and staff found using any such language. Staff are also encouraged to record the casual use of derogatory language, regardless of intention or understanding.

### **PREJUDICE-BASED INCIDENTS**

A prejudice-based incident is a one-off incident of unkind or hurtful behaviour that is motivated by a prejudice or negative attitudes, beliefs or views towards a protected characteristic or minority group. It can be targeted towards an individual or group of people and have a significant impact on those targeted. All prejudice-based incidents are taken seriously and recorded and monitored in school, with the head teacher regularly reporting incidents to the governing body. This not only ensures that all incidents are dealt with accordingly, but also helps to prevent bullying as it enables targeted anti-bullying interventions.

### **OBJECTIVES OF THE POLICY**

- To establish a climate in which pupils who are being bullied, harassed or discriminated against or think another pupil is being subjected to these, can speak to an appropriately trained person in the full knowledge that they will be listened to and receive a prompt, appropriate and sensitive response
- To create a school community where bullying, harassment and discrimination is recognised as unacceptable and where all pupils can feel valued, secure and happy
- To integrate work on bullying, harassment and discrimination into PSHCE time, assemblies and across the curriculum as appropriate
- To continue to discuss bullying, harassment and discrimination throughout the year and through School Council

- To supervise key areas of the school during free time (play time/lunch time etc.) taking into account the findings of discussions with all parties
- To provide appropriate support for victims of bullying, harassment and discrimination, witnesses and the perpetrators themselves
- To provide a range of strategies for dealing with bullying, harassment and discrimination based on what is most appropriate to make these actions stop
- To ensure that all stakeholders are aware of their role in preventing and dealing with bullying, harassment and discrimination.

## **ROLES AND RESPONSIBILITIES**

Everyone involved in the life of the school must take responsibility for promoting this policy by being supportive of each other, providing positive role models and conveying a clear understanding that we disapprove of unacceptable behaviour and by being clear that we all follow school rules.

The prime responsibility for all members of the school community is to report incidents of bullying, harassment and discrimination and concerns they may have that someone is being bullied, harassed or discriminated against.

### **a) Governors**

The School's governing body is responsible for the Anti-Bullying, Harassment and Discrimination Policy, and for ensuring that it is regularly monitored and reviewed. The governing body will:

- Support the Headteacher and the staff in the implementation of this policy
- Be fully informed on matters concerning anti-bullying, harassment and discrimination
- Regularly monitor incident reports and actions taken to be aware of the effectiveness of this policy.

### **b) The Senior Leadership Team**

The Headteacher is responsible for implementing the Anti-Bullying, Harassment and Discrimination Policy and under the Education and Inspections Act 2006 for:

- *“determining measures on the behaviour and discipline that form the school's behaviour policy ---”*
- *“--- encouraging good behaviour and respect for others on part of pupils and, in particular, preventing all forms of bullying among pupils”*

The school has a responsibility to record all bullying incidents.

### **The Headteacher will ensure that:**

- Bullying, harassment and discrimination are addressed as issues in the curriculum
- All staff receive training that addresses bullying behaviour, harassment or discrimination
- The governing body is regularly provided with information regarding issues concerning behaviour management including bullying, harassment and discrimination
- A senior staff member is appointed to be responsible for the monitoring of this policy and anti-bullying strategies.

### **c) Staff**

Staff have a vital role to play as they are at the forefront of behaviour management and supporting pupils' sense of personal safety and well being in school. They have the closest knowledge of the pupils in their care and should build up a relationship involving mutual support, trust and respect.

**All members of staff will take steps to prevent bullying taking place and act to stop bullying if it has taken place.**

Preventing bullying from taking place:

- Be a positive role model for pupils
- Provide pupils with a framework of behaviour including class rules which supports the whole school policy

- Emphasise and behave in a respectful and caring manner to pupils and colleagues, using restorative language and principles to help create a positive atmosphere and build community.

Acting to stop bullying if it has taken place:

- Always be aware and take action when there are concerns about bullying, harassment or discrimination
- Ensure all incidents of bullying and the actions taken to prevent it are recorded in line with school procedures
- Ensure pupils, and where appropriate parents/carers, are given regular feedback on the action taken.

#### **d) Parents/Carers**

We expect that parents/carers will understand and be engaged in everything that is being done to make sure their child enjoys and is safe at school and that they will support us in helping us in achieving our aims.

#### **We expect parents/carers to:**

- Be fully involved in all aspects of their child's behaviour
- Contact the school immediately if they know or suspect that their child is suffering bullying, harassment or discrimination, even if their child has asked for "secrecy", and work in partnership with the school to bring an end to the issues raised
- Contact the school if they know or suspect that their child is bullying, harassing or discriminating against another pupil
- Share with the school any suspicions they have that bullying, harassment or discrimination is taking place even when it does not directly involve their child
- Feel confident to challenge the school if they have concerns regarding how an incident has been dealt with, and have access to the School Complaints Procedure.

When a parent/carer has concerns relating to bullying, harassment or discrimination they should report them to the class teacher, Headteacher or Deputy Headteacher .

#### **e) Pupils**

Without the support of our pupils we will not be able to prevent bullying, harassment and discrimination. We want our pupils to feel confident that everything is being done to make school a safe and secure environment for them to achieve and learn.

We want our pupils to feel that they are supported in reporting incidents of bullying, harassment or discrimination and reassured that action will take place.

We expect that pupils:

- Will support the Headteacher and staff in the implementation of the policy
- Will not bully, harass or discriminate against anyone else, or encourage and support bullying, harassment or discrimination by others
- Will tell someone who can help if they are suffering bullying, harassment or discrimination usually either a member of staff or a parent
- Will act to prevent and stop bullying, harassment or discrimination, usually this is through telling an adult if they know or suspect that someone else is being targeted with these behaviours.

Pupils must recognise that being a "bystander" is not acceptable, and understand how not reporting incidents supports bullying, harassment and discrimination and makes them in part responsible for what happens to the victim.

#### **E-SAFETY**

ICT in the 21<sup>st</sup> Century is seen as an essential resource to support learning and teaching, as well as playing an important role in the everyday lives of children, young people and adults. Consequently, schools need to build in the use of these technologies in order to arm our children with the skills to access life-long learning and employment.

Information and Communications Technology covers a wide range of resources including; web-based and mobile learning. It is also important to recognise the constant and fast paced evolution of ICT within our society as a whole. Currently the internet technologies children and young people are using both inside and outside of the classroom include:

- Websites
- Learning Platforms and Virtual Learning Environments
- E-mail and Instant Messaging
- Chat Rooms and Social Networking
- Blogs and Wikis

- Podcasting
- Video Broadcasting
- Music Downloading
- Gaming
- Mobile/ Smart phones with text, video and/ or web functionality
- Other mobile devices with web functionality.
- A variety of constantly evolving Apps designed for use via “smart phones”

Whilst exciting and beneficial both in and out of the context of education, much ICT, particularly web-based resources, are not consistently policed. All users need to be aware of the range of risks associated with the use of these Internet technologies.

We understand the responsibility to educate our pupils on eSafety issues; teaching them the appropriate behaviours and critical thinking skills to enable them to remain both safe and legal when using the internet and related technologies, in and beyond the context of the classroom.

### **eSafety - Roles and Responsibilities**

The Headteacher and governors have ultimate responsibility to ensure that the policy and practices are embedded and monitored. The named eSafety co-ordinator in this school is Rachael Staples (Y5 teacher). All members of the school community have been made aware of who holds this post. It is the role of the eSafety co-ordinator to keep abreast of current issues and guidance through organisations such as the Local Authority, CEOP (Child Exploitation and Online Protection) and Childnet.

Senior Management and Governors are updated by the Head/eSafety co-ordinator and all governors have an understanding of the issues and strategies at our school in relation to local and national guidelines and advice.

### **eSafety in the Curriculum**

ICT and online resources are increasingly used across the curriculum. We believe it is essential for eSafety guidance to be given to the pupils on a regular and meaningful basis. eSafety is embedded within our curriculum and we continually look for new opportunities to promote eSafety.

- The school has a framework for teaching internet skills in ICT lessons
- The school provides opportunities within a range of curriculum areas to teach about eSafety
- Educating pupils on the dangers of technologies that may be encountered outside school is done informally when opportunities arise and as part of the eSafety curriculum
- Pupils are taught about copyright and respecting other people’s information, images, etc through discussion, modeling and activities
- Pupils are aware of the impact of Cyberbullying and know how to seek help if they are affected by any form of online bullying. Pupils are also aware of where to seek advice or help if they experience problems when using the internet and related technologies; i.e. parent/carer, teacher/trusted staff member or an organisation such as Childline
- Pupils are taught how to manage their own eSafety during ICT lessons and assemblies

### **eSafety Skills Development for Staff**

- Our staff receive regular information and training on eSafety issues, via specific training from the esafety coordinator. They also take part in assemblies on key issues.
- New staff receive information on the school’s acceptable use policy as part of their induction
- All staff have been made aware of individual responsibilities relating to the safeguarding of children within the context of eSafety

### **Managing the School eSafety Messages**

- We endeavour to embed eSafety messages across the curriculum whenever the internet and/or related technologies are used
- The eSafety policy will be introduced to the pupils at the start of each school year
- eSafety posters will be prominently displayed.



## **Internet Access**

The internet is an open communication medium, available to all, at all times. Anyone can view information, send messages, discuss ideas and publish material which makes it both an invaluable resource for education, business and social interaction, as well as a potential risk to young and vulnerable people.

## **Managing the Internet**

- The school maintains pupils will have supervised access to Internet resources (where reasonable) through the school's fixed and mobile internet technology
- Staff will preview any recommended sites before use
- Raw image searches are discouraged when working with pupils
- If Internet research is set for homework, specific sites will be suggested that have previously been checked by the teacher. It is advised that parents recheck these sites and supervise this work. Parents will be advised to supervise any further research
- All users must observe software copyright at all times. It is illegal to copy or distribute school software or illegal software from other sources
- All users must observe copyright of materials from electronic resources
- Our school employs a web filtering system which is the responsibility of the Network Manager
- Staff and pupils are aware that school based email and internet activity can be monitored and explored further if required
- The school does not allow pupils access to internet logs
- The school uses management control tools for controlling and monitoring workstations
- If staff or pupils discover an unsuitable site, the screen must be switched off/ closed and the incident reported immediately to the e-safety coordinator or teacher as appropriate
- It is the responsibility of the school, by delegation to Primary Tec, as part of the SLA, to ensure that Anti-virus protection is installed and kept up-to-date on all school machines.

## **Managing Other Web 2 Technologies**

Social networking sites, if used responsibly both outside and within an educational context, can provide easy to use, creative, collaborative and free facilities. However it is important to recognise that there are issues regarding the appropriateness of some content, contact, culture and commercialism. To this end, we encourage our pupils to think carefully about the way that information can be added and removed by all users, including themselves, from these sites.

- At present, the school endeavors to deny access to social networking sites to pupils within school
- All pupils are advised to be cautious about the information given by others on sites, for example users not being who they say they are
- Pupils are taught to avoid placing images of themselves (or details within images that could give background details) on such sites and to consider the appropriateness of any images they post due to the difficulty of removing an image once online
- Pupils are always reminded to avoid giving out personal details on such sites which may identify them or where they are (full name, address, mobile/ home phone numbers, school details, IM/ email address, specific hobbies/ interests)
- Our pupils are advised to set and maintain profiles on such sites to maximum privacy and deny access to unknown individuals
- Pupils are encouraged to be wary about publishing specific and detailed private thoughts online
- Our pupils are asked to report any incidents of bullying to the school

## PROCEDURES

It is essential that pupils have the mechanisms to tell a trusted person(s) they are being bullied, harassed or discriminated against and the confidence to know that their concerns will be taken seriously

### How can pupils tell staff?

- Pupils can simply choose to speak to a member of staff, in practice this may well be their classroom teacher but could also be any other member of staff
- Pupils may choose to send a letter to the particular member of staff through the use of class-based 'Worry Eaters' or the whole school suggestion box.

### Who else can pupils tell?

- Pupils may choose to tell a friend or a parent who will be able to contact any member of staff
- Pupils may choose to speak to a member of another agency e.g. Education Welfare Service, Youth Support Services, etc, they will be able to contact any member of staff
- Pupils may choose to speak to voluntary organisations: NSPCC, CEOP/Thinkuknow

### What happens if a pupil tells you/you find out that they are being bullied, harassed or discriminated against?

Many pupils find it difficult to tell anyone that they are being subjected to this type of behaviour, there are a number of reasons for this, the main ones appear to be:

- If a pupil discloses that they are being bullied, harassed or discriminated against they will lose control of the situation, the member of staff will punish the perpetrator who will then take revenge on the pupil making their situation worse
- They feel that they will not be taken seriously by the member of staff
- They feel that the school is powerless to do anything about this type of behaviour.

It may be suspected that a pupil is being bullied, harassed or discriminated against due to specific behaviours they exhibit. In such cases staff will refer their suspicions to the Headteacher or other appropriate person. See Appendix C – "Signs and Effects of Bullying".

Consequently it is essential to assure the pupils that they will be taken seriously, and that whenever possible we will consult them on how they want us to react, this will give the pupil more confidence and help them to retain a feeling of control.

In practice this means keeping evidence such as screen grabs or text messages or photos of damage to person or belongings and writing down the details of the bullying, harassment and discrimination including:

- When and where it happens
- How often it happens
- Exactly what happens
- Who is directly involved
- Who is usually also present either supporting the perpetrator or the child being bullied
- The effect it is having on the child being bullied i.e. how it makes them feel.

You need to re-assure the child being bullied that you will be taking this seriously and discussing it with appropriate and that you will not take any action without discussing it with them.

### What do we do next?

The fundamental aim of any action taken should be to ensure that the behaviour stops, the exact action you take will depend on:

- The nature and severity of the behaviour
- Your previous knowledge / involvement with this behaviour
- Your confidence in being able to deal with the situation.

However it should always involve:

- Recording the details onto the school log for bullying, harassment and discrimination, including the names of the pupils involved (both parties), the incident(s), the nature of the bullying, harassment or discrimination frequency, dates, place the behaviour occurred and action taken
- Discussion with other relevant staff, these may include, Child Protection co-ordinators, Education Welfare, and other relevant agencies.

There are a wide range of strategies that may be used to stop bullying, harassment and discrimination, but there is no single mechanism which can be recommended for all situations. There could be some cases of bullying, harassment or discrimination which are so severe that they may require reporting using Child Protection and/or Criminal Law Procedures. However the actions will always be coordinated by the Headteacher who will work with other staff to resolve and monitor the bullying. The Headteacher will also record the details of the incident on the bullying record and reference each issue to a separate detailed report.

Possible strategies are outlined below.

Punitive measures:

It is important to recognise that these measures can sometimes exacerbate the behaviour; therefore care is needed in deciding if they are to be used. However, actual physical violence and persistent and real threats of violence are likely to lead to formal exclusion or Internal exclusion depending on the severity and/or the persistence of the offence. These measures must always involve contacting parents/carers of both the perpetrator and the victim. During the readmission meeting, the nature of the problem should be discussed and it may be appropriate to seek some form of contract with the pupil and the parent / carer.

Other measures:

These are varied and include-

- Organisation of mediation between the pupils concerned
- Contact with the parents of the pupils concerned
- Referral of the pupils concerned to other agencies including, Educational Welfare Service, Youth Support Services
- Discussion with the perpetrator of the harm they are causing the victim
- No blame/support group approach. This is particularly useful when dealing with group and/or verbal bullying/harassment/discrimination
- Warning the perpetrator of the punitive consequences which are likely to occur if the bullying continues
- Providing an incident diary for the victim to log details of incidents, this is especially useful when dealing with low level incidents, when a single incident may appear trivial, but these incidents are repeated.

How do we follow up action?

When bullying, harassment or discrimination is reported, action has been taken and the incident has been recorded, it is essential that there is a continuing support mechanism. Pupils must know who to go to for support and that they are being 'kept an eye on.' The mechanisms used will be variable depending on the particular circumstances, but may include:

- Simply speaking to the pupil on a regular basis until **they** feel no more is needed
- Providing a number of contacts for the pupil to speak to
- Setting up a safety net to 'keep an eye' on the pupil, this may include other pupils, adults in the school and parents

How can we be Pro-active to prevent bullying, harassment and discrimination from occurring?

Pro-active strategies are in place and will continue to evolve, however a number of strategies will be used continually, these are:

- Promotion of a clear understanding of what constitutes bullying, harassment or discrimination and what does not, for pupils, staff, parents and governors using a variety of media (assemblies, web site, leaflets etc)
- Bullying, harassment and discrimination to be an agenda item on School Council meetings

- Termly assemblies on bullying, harassment and discrimination related topics
- Work on bullying, harassment and discrimination to be an integral part of our SEAL schemes of work
- Parents' views on how safe their child feels at school are obtained
- Parents' Evenings Questionnaires ask parents how effective they think the school is in dealing with bullying
- Work with other agencies to provide appropriate support and strategies
- Anti-Bullying surveys are carried out regularly with representative cross sections of the school to inform further planning
- A general ethos of keeping anti-bullying, harassment and discrimination on the agenda so that its unacceptability is constantly reinforced with pupils and parents.

### **MONITORING AND EVALUATION**

The policy and procedures will be reviewed regularly.

## Appendices

### A. Section 175 Education Act 2002 provides that:

- A local education authority shall make arrangements for ensuring that the functions conferred on them in their capacity as a local education authority are exercised with a view to safeguarding and promoting the welfare of children (s.175(1));
- The governing body of a maintained school shall make arrangements for ensuring that their functions relating to the conduct of the school are exercised with a view to safeguarding and promoting the welfare of children who are pupils at the school (s.175(2));
- The governing body of an institution within the further education sector shall make arrangements for ensuring that their functions relating to the conduct of the institution are exercised with a view to safeguarding and promoting the welfare of children receiving education or training at the institution (s.175(3)); and
- An authority or body mentioned in any of subsections (1) to (3) shall, in considering what arrangements are required to be made by them under that subsection, have regard to any guidance given from time to time (in relation to England) by the Secretary of State or (in relation to Wales) by the National Assembly for Wales (s.175(4)).

### B. Education and Inspections Act 2006 – “Prevent all forms of bullying”

The Government has made tackling bullying in schools a key priority and the Department for Children, Schools and Families (DCSF) has made it clear that no form of bullying should be tolerated. Bullying in our schools should be taken very seriously; it is not a normal part of growing up and it can ruin lives.

It is compulsory for schools to have measures in place to encourage good behaviour and respect for others on the part of pupils, and to prevent all forms of bullying. The DCSF supports schools in designing their anti-bullying policies, and their strategies to tackle bullying, by providing comprehensive, practical-guidance documents. Regional advisers with expertise in the field of bullying are also on hand to help schools implement the guidance and draw on best practice.

### C. Signs and Effects of Bullying

Bullying is an intentional, aggressive behaviour towards an individual by another. The effects of bullying are evident by various physical and behavioural signs and symptoms. There are various types of bullying that staff need to be aware of. Unfortunately, bullying is now very common amongst children today and can have serious negative effects.

To help children, who are victims of bullying, it is important for staff to recognise the signs and symptoms that could be displayed.

#### The following are some common signs and symptoms that a bullied child may display:

1. The bullied child will often appear sad, depressed, moody and quite tearful
2. The bullied child often isolates themselves from others and is reluctant to participate in activities
3. The bullied child may start to lose interest in school, and as a result will make excuses not to attend
4. The bullied child may appear with visible injuries such as bruises, cuts, and scrapes. These physical marks could be signs of altercations with other children
5. The child may come to lessons quite agitated, with torn clothes, missing personal items such as school books, or destroyed belongings. These signs could be a result of intimidating activities
6. Bullied children often complain of feeling poorly with headaches or stomach aches. Children often use these complaints as excuses because such complaints cannot be easily proven
7. Bullied children often perform poorly in school. Due to emotional distress, children may lack the ability to concentrate on their work
8. Bullied children will suffer from low self-esteem and low self-confidence
9. Bullied children often appear nervous and apprehensive. Nervous conditions result when a child doesn't feel safe and secure on a daily basis.

*Most children who are being bullied are scared to report it; therefore staff need to be aware how to spot the signs and symptoms of a bullied child.*