

PensMeadowSchool

Living, Growing, Learning

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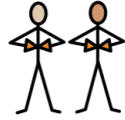

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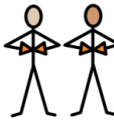







Anti-Bullying at Pens Meadow School

At  Pens Meadow  School  we  do not

 tolerate  bullying.  We  know  that many

 pupils  may  present  challenging behaviour  and

 we  are committed  to  help  with these  problems.

Bullying can be a behaviour by an individual or group, usually repeated over time, which intentionally hurts another individual or group either physically or emotionally. Or in other words, people doing nasty or unkind things to you on purpose, more than once, which it is difficult to stop.

There are three main types of bullying: physical, verbal and emotional. However, there are many other types that fall within that definition:

- Non-verbal abuse – for example, hand signs or text messages or other social media misuse.
- Undermining – for example, constant criticism or spreading rumours
- Controlling or manipulating someone
- Making silent, hoax or abusive calls.
- Exclusion – ignoring or isolating someone
- Cyber bullying.

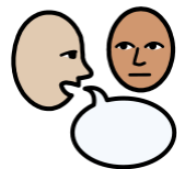
Children often do not report bullying as:

- They have been threatened
- Nothing will change
- No one will believe them
- The device will be taken
- They feel they are to blame

This is why it is important to follow the following two steps:



Stop



Inform

It is also important to look out for signs that a child may be being bullied:

- Being frightened of walking to and from school or changing their usual route.
- Being frightened of social media activities.
- Feeling ill in the mornings or before activities
- Beginning truanting and not wanting to take part in activities they usually enjoy.
- Beginning to perform poorly in their schoolwork.
- Coming home regularly with clothes or possessions damaged or destroyed.
- Becoming withdrawn, starting to stammer, lacking confidence, being distressed and anxious and stopping eating.

The list is longer, so if you notice a change in a child's behaviour please contact Pens Meadow Safeguarding Team:



Mrs M. Hunter
Headteacher



Mr M. Pawlowicz
Designated Safeguarding Lead
Deputy Headteacher



Designated Safeguarding Governor
Mr P. Leyshon
Chair of Governors



Mrs A. Austin
Business Manager