

Term 2 week 3 2023 Antibullying Edition

To mark Antibullying Week 2023 student at the Academy have participated in a custom-made tutor and assembly programme. We have produced this Antibullying edition of the Safeguarding Newsletter to provide you with information and guidance about the steps we are taking to eradicate abullying behaviour at HWA.

At Hanham Woods Academy we are committed to creating a safe, inclusive and reflective learning environment in which all students flourish and reach their full potential equipped with skills for life. Bullying of any form is not tolerated and will be challenged. We are a telling school This means that anyone who knows or suspects that bullying is taking place is encouraged to tell a member of staff and we promise it **WILL** be investigated



HWA Charter for anti-bullying outlining everyone's rights and responsibilities

Senior Leaders and staff

- Support all staff to promote positive relationships to prevent bullying.
- Ensure that students are aware that all bullying concerns will be dealt with promptly and effectively.
- Report back to parents/carers regarding their concerns on bullying and deal promptly with complaints.

Parents

- If you are concerned about any issues regarding bullying, please contact the Academy
- Read all letters and updates sent by the Academy
- Respond to telephone/email contact in a timely manner and attend meetings onsite when requested
- Promote a culture of tolerance and inclusivity with your child at home
- Avoid negative social media discussion of other children
- Refrain from engaging in online or in person disputes with other parents or children

Students experiencing bullying:

- You will be heard and supported in reporting bullying and given help. Action will be taken. We are a TELLING school
- You will be supported and helped to rebuild confidence and feel safe again at Hanham Woods Academy
- Report all incidents of unkindness directly to an adult within a timeframe that allows for effective investigation.
- Refrain from retaliating to incidents of unkindness. All retaliation will be investigated with students subject to sanctions should this be appropriate.

Students who engage in bullying behaviour:

- Sanctions will be in place to hold them to account for their behaviour and help them to face up to the harm they have caused.
- They will learn to behave in ways which do not cause harm in future through the support of pastoral and senior leader
- They learn how they can take steps to repair the harm they have caused



Term 2 week 3 2023

CYBERBULLYING: What Teens Need to Know

Cyberbullying is bullying - unwanted, repeated, aggressive, negative behavior - that takes place over digital devices like cell phones, tablets, and computers. Cyberbullying can happen over email, through texting, on social media, while gaming, on instant messaging, and through photo sharing.

THINK ABOUT YOUR WORDS and ACTIONS

Step back and consider...

- Waiting to post or respond
- Talking to someone about what you're thinking of saying or posting
- Finding another way to express yourself
- Asking for help if there's a problem

Who do you want to be?

- What you share online reflects who you are
- Your words can change your relationships and how others think of you
- Consider the short and long-term impact your words or actions may have for you and others

BE AN ADVOCATE AND HELP OTHERS

- Don't "like" or share mean, untrue posts
- Keep your responses respectful
- Be there for someone experiencing cyberbullying:
 - Check in with them
 - Reach out with a kind message
 - Help them talk with an adult

PRACTICE SELF-ADVOCACY AND TAKE ACTION

- Save everything and print what you can
- Make sure you know who can access your information
- Block those who are disrespectful or sharing harmful content
- Don't go through the experience alone: tell an adult you trust right away



If your child receives or is the target of harmful comments or posts online the first step is to report to the platform. You can do this via the 'report harmful content' website linked here <https://reportharmfulcontent.com/report/> Please let your child's pastoral leader know via email so that they can offer support within the Academy

Useful Websites:

<https://anti-bullyingalliance.org.uk/>

<https://www.nationalbullyinghelpline.co.uk/kids.html>

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/bullying/>

