

Hingham Primary School



Anti-bullying Policy

Formally adopted by the Governing Board of:-	Hingham Primary School
On:-	November 2025
Chair of Governors:-	S Gothard
Next review	November 2026



Hingham Primary School

What is Bullying?

At Hingham Primary School we believe that bullying occurs when one or more other people make a person unhappy. Bullying means people being mean to someone, over and over again– **Several Times On Purpose.**

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'*. [Anti-bullying Alliance](#)

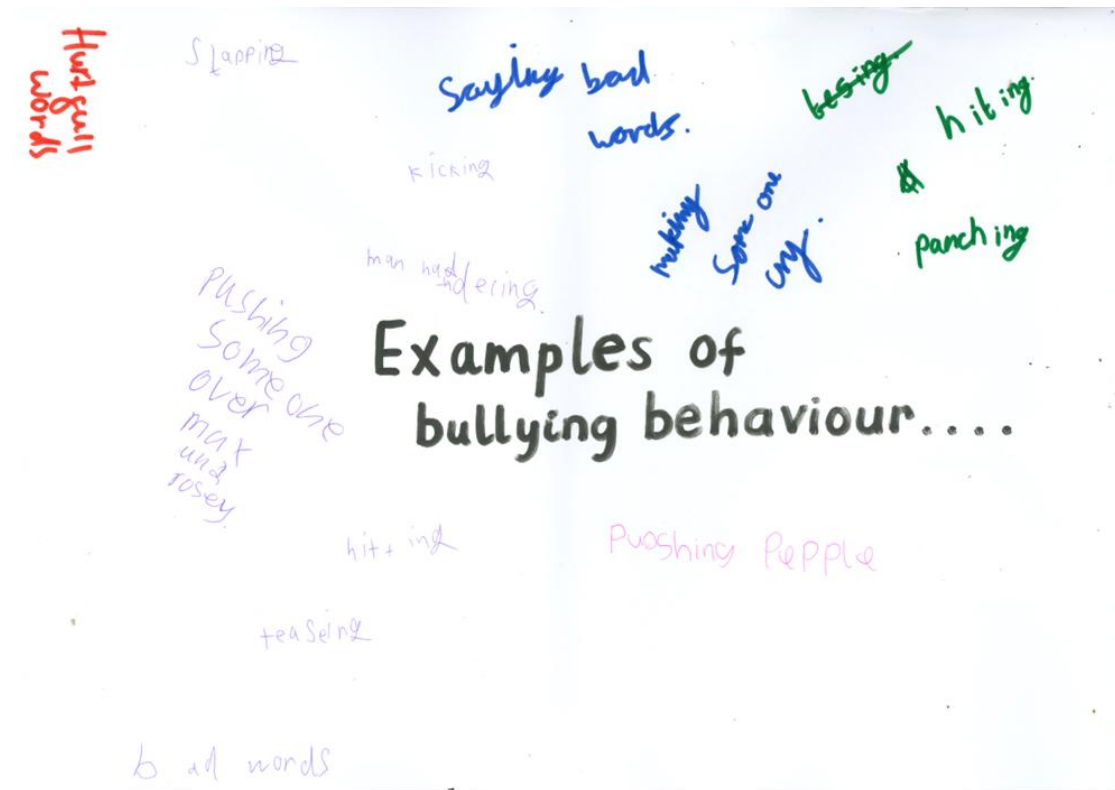
There are four main types:

- **verbal** – name calling, personal comments, racist abuse, homophobic name calling, pressure to conform, banter, teasing/name-calling linked to their Young Carer status
- **physical** – hitting, kicking, pushing taking or hiding of belongings
- **cyber** – when name calling, intimidation, personal comments, racist abuse etc occur via social networking sites, email or video sharing websites on a computer or mobile phone
- **indirect** – not being spoken to, being deliberately left out of activities, spreading of nasty stories

Bullying is not the same as a disagreement between two people or falling out.

These are some examples of things that children at Hingham school think are bullying behaviours:

Physical contact or hurting someone on purpose	Racist words
Being mean	Threatening others
Repeatedly being nasty	Making you cry
Blaming you for things you haven't done	Teasing and copying
Being rude	Taking personal belongings
Name calling	Spreading lies about you
Taking the mickey	Putting people down
Winding people up	Making comments about their family
Comments about their gender	Can be lots of little things that add up
Swearing	Online or cyber bullying
Emotional or mental	Leaving people out
An imbalance of power	Turning a blind eye to mean behaviour



These things become bullying when they:

...are deliberate
 ...are constant
 ...are repeated

...have power imbalance
 ...keep happening
 ... not stopping

In summary we understand bullying to have three common features:

- it is deliberate, hurtful behaviour
- it is repeated, often over a period of time (S.T.O.P)
- it is difficult for those being bullied to defend themselves (imbalance of power)

Bullying will not be tolerated at Hingham Primary School. It is not an acceptable part of growing up.

Every pupil has the right to enjoy learning and playtime free from intimidation.

Children should support each other by reaching out and reporting all instances of bullying.

Bullying is too important not to report.

Reports of bullying will be taken seriously and appropriate action will be taken.

We aim to prevent bullying through the following approaches. (Preventative Curriculum)

A whole school ethos, which promotes respect for the individual through our school vision –Nurture, Learn Achieve.

Teachers deliver assemblies on topics such as friendship, kindness, expressing emotions and identifying trusted adults.

Staff embed regulation time using Colour Monsters in KS1 and Zones of Regulation in KS2. This creates a safe space and actively encourages open dialogue about emotions.

We have spaces, such as the Green Room and the Nurture Room which provide confidential listening areas. We also use our large field to walk and talk with children who find this useful.

The PSHRE curriculum reinforces our anti-bullying messages, including units on making relationships, sense of self and understanding emotions.

We keep our anti-bullying approach high profile throughout the whole school events, including antibullying week.

Pupils have an active voice in school through pupil surveys and school council.

The computing curriculum teaches the children about online safety, including confidentiality, what not to share and what to do if they feel uncomfortable.

Staff promote positive relationships, based on Restorative Approaches. Visual scripts are used depending on age and stage of the child.

What are the Procedures for Dealing with Incidents of Bullying?

All members of staff must ensure that bullying or threatening behaviour is not tolerated in school.

All staff will treat any report of bullying seriously and take appropriate action.

Staff will respond to bullying in the first instance by:

- listening to the victim
- reassuring the victim
- clarifying exactly what has happened
- reporting the incident to the Headteacher or Deputy Headteacher

Once a clear understanding of exactly what has been happening has been gained, intervention will occur to stop the bullying.

We believe that the most effective way this can happen is to ensure that the bullying person changes his or her behaviour. They are the cause of the damage and the first step will always be to stop their hurtful actions.

Time will also be spent with the person doing the bullying behaviour. The children at Hingham Primary School recognise that the reason behind the bullying may come from the bully having their own set of issues that they are dealing with. By understanding the whole situation, we are all better placed to resolve the underlying issues and support both parties in moving forward amicably.

The child doing the bullying will be encouraged to see the effect of their behaviour from the point of view of the victim. They will be encouraged to be proactive in having support for their own needs, whilst also thinking about what they can do to fix the damage. (Restorative Approach)

In the event that there is no improvement, the parents of the child doing the bullying will be contacted in order to come into school to discuss the problem. It will be stressed that if the bullying continues then appropriate disciplinary sanctions will be used, up to and including permanent exclusion.

The child being bullied will be told that they have done the right thing by telling somebody and that they are not to blame.

The child will be given advice and support time as well as guidance on how to deal with any further incidents and which members of staff to turn to.

The child will be reassured that they will be fully protected during school and extra curricular time, and on school premises whilst issues are being resolved.

Who will Monitor and Evaluate this Policy?

Bullying is discussed regularly at School Council meetings and staff meetings

The Headteacher records bullying incidents and action taken

The Headteacher reports to the Governing Body on the success of the policy

Reviewed in consultation with the School Council and the children of Hingham Primary School – November 2025