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PUPIL LED ANTI-BULLYING POLICY

This Policy has been updated by the Year 6 and Year 8 Buddies with help from Page House (2023-2024)

THERE ARE DIFFERENT TYPES OF BULLYING:

Physical
Pushing, kicking, tripping, pinching, poking, biting, damaging property

Emotional
Threats, isolation, exclusion, name calling, spreading rumours, threats, teasing, belittling (diminishing, dismissive remarks)

Verbal
Name calling, sarcasm, spreading rumours, threats, teasing, belittling (diminishing, dismissive remarks)

Cyber/Online
Posting on social media, sharing photos without consent, sending nasty messages, social exclusion

Relational
Just because you say your words are "barbaric" it does not mean they are.

It is never acceptable to comment on or laugh at someone's appearance or weight.

ANTI-BULLYING ALLIANCE DEFINITION

The repetitive, intentional hurting of one person or group by another person or group of people. It is an imbalance of power. It can happen face-to-face or online.

It can be physical, emotional, verbal, or cyber/online. If a person has power over you, they may be older than you, physically bigger than you, or have more influence or status. There might be an imbalance of power, e.g. two pupils or a group of pupils causing one person to be upset.

WHAT WILL HAPPEN IF I ASK FOR HELP?

- Every case is individual; sometimes your Form Tutor may have to refer the case to the Headteacher.
- The Anti-Bullying Alliance will be involved in the process of resolving the issue, to make the bully aware of the consequences of their actions and that action has been taken.

NO ONE CAN GET AWAY WITH IT

Tell someone
This could be a parent, guardian, Houseparent, Form Tutor, head of year or any trusted adult.

Call Childline for free on 0800 1111

RELATIONSHIPS

Treat others the way you wish to be treated.

Laugh with your friends, not at them... Apologise if you hurt somebody

Include people in your games. Make people feel welcome

Help people who have been or are being bullied. Support each other

Give compliments

Be nice to people online as you would if they were in front of you

Block and report people who are unkind or make you feel uncomfortable online and via your devices

DO NOT

Do not exclude people


Do not talk about people behind their backs

Do not physically hurt people

Do not threaten people

AT BROMSGROVE PREPARATORY SCHOOL, WE ARE UNITED AGAINST BULLYING.





BROMSGROVE SCHOOL PREPARATORY

It is not uncommon to have highs and lows as you grow up and sometimes extra support or guidance is needed to help you get through a tricky period of time or to help you re-evaluate your emotions and feelings.

In the Prep School, there is a wide network of support and there are many people you can turn to if you are finding aspects of your school life, boarding life or home life more challenging.

Common challenges may include:

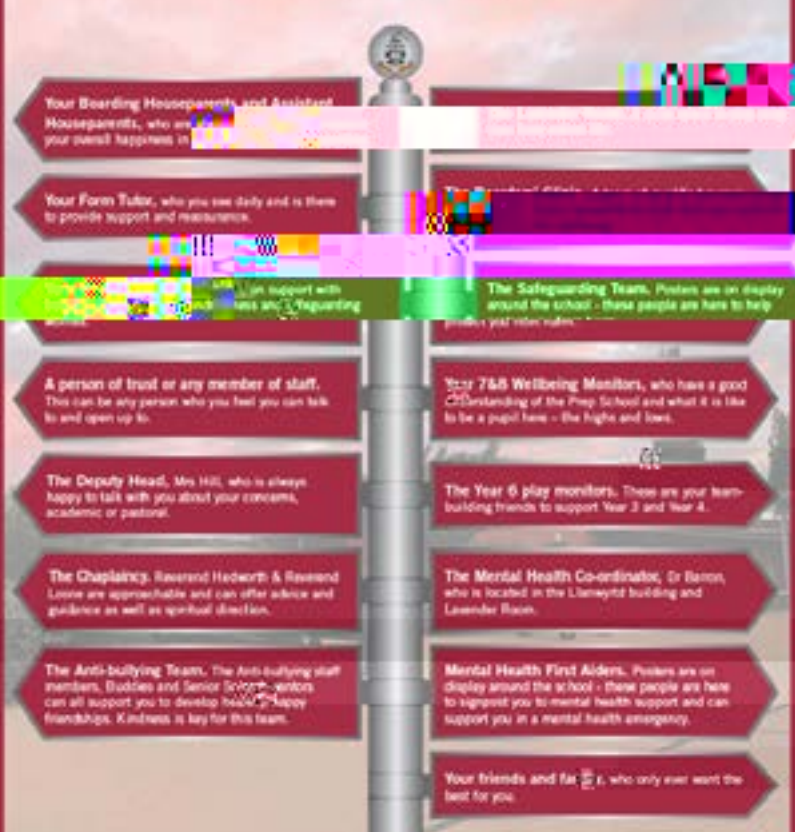
- Difficulty in making friends and developing happy friendships
- Worries about bullying, unkind or unfair treatment (including discrimination) by someone or a group of people.
- Experiencing difficult relationships with other children or adults.
- Adjusting to different demands and expectations in your school life.
- Being concerned or worried about parents or family members working in dangerous roles or experiencing their own difficulties.
- Homesickness as you adjust to life in boarding.
- Feeling worried, anxious and at times overwhelmed.
- Worrying if, or knowing that, you are being bullied.
- Knowing something is wrong that is affecting your everyday life.
- Feeling nervous about a range of situations and issues rather than a specific event.
- Feeling different but not knowing why.

At times like these, you may feel that you would like to talk to someone who will listen and help. This leaflet suggests you to some people who can help.

You can also use a Buddy slip in the Prep Diary and post it to one of the Buddy Buddies or email: head@bromsgrove-school.co.uk

WHERE DO I TURN?

Advice for Pupils



CONTACTING OFF-SCHOOL

NIPCC
Helpline 0800 800 5000
Email: help@nipcc.org.uk
Website: www.nipcc.org.uk
WhatsApp: Social Services
02084 61044 or 0845 407 2000

Childline
0800 1111 www.childline.co.uk

Child Protection
Email: children@childrenscommissioners.gov.uk
Office of the Children's Commissioner
www.childrenscommissioner.gov.uk
Telephone: 0800 138

Childline
0800 1111 www.childline.co.uk

Your Boarding Houseparents and Assistant Houseparents, who are there to support you and your overall happiness in boarding.

Your Form Tutor, who you see daily and is there to provide support and reassurance.

A person of trust or any member of staff. This can be any person who you feel you can talk to and open up to.

The Deputy Head, Ms Hill, who is always happy to talk with you about your concerns, academic or pastoral.

The Chaplaincy, Reverend Hadworth & Reverend Louise are approachable and can offer advice and guidance as well as spiritual direction.

The Anti-bullying Team. The Anti-bullying staff members, Buddies and Senior School monitors can all support you to develop happy, healthy friendships. Kindness is key for this team.

Your 7&8 Wellbeing Mentors, who have a good understanding of the Prep School and what it is like to be a pupil here - the highs and lows.

The Year 6 play monitors. These are your team-building friends to support Year 3 and Year 4.

The Mental Health Co-ordinator, Dr Baron, who is located in the Limeyard building and Lavender Room.

Mental Health First Aiders. Posters are on display around the school - these people are here to support you in a mental health emergency.

Your friends and family, who only ever want the best for you.

BOARDERS

If you have any concerns about your welfare at the School you may wish to contact:

TSB Independent Schools Inspectorate
Telephone: 0207 680 9100
Email: complaints@tsbi.net
Website: www.tsbi.net

Or if you have personal problems or concerns about School and wish to talk to someone you may wish to contact:

Our School's Independent Liaison,
Ms Gill Hayward
Telephone: 07984 869070
Email: g.hayward@bromsgrove.net

The Samaritans
Telephone: 116 123
Email: js@samaritans.org
Website: www.samaritans.org

Teen Taps Wellbeing Hub
www.teenstaps.co.uk/wellbeing-hub

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