

# Inclusion Services Anti-bullying and E-safety Newsletter Summer Term 2012

# Introduction

Welcome to the Summer Term edition of the Nottinghamshire CFCS anti-bullying and e-safety newsletter.

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# How to contact the Anti-bullying Coordinator

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Tricia Clarke is our business admin officer, working mornings in term time. At other times messages can be left on the answer phone or mobile phone number.

Anti-bullying week 2012 National Information



Children and young people have more chance of achieving their full potential without bullying. We know that bullying leads to children missing school, failing exams, dropping out of sport, staying away from extra curricular activities, and limiting their life choices. It is time that this stopped.

This year's theme shines a light on bullying and its affect on achievement. Together we can make it clear that we do not accept bullying in our schools, clubs and teams and create environments where all children can develop their skills and talents

# **National Anti-bullying Competition**

This year's National Anti-Bullying Alliance Anti-Bullying Week competition encourages children and young people to create a visual statement for their club or team (e.g. sports, music, dance, drama, arts or any extra-curricular activity - inside or outside of school) that makes it clear that bullying is not accepted. This can be a poster, flyer, emblem or screensaver or a video entry (3 minutes max). Entries will be on a club/team basis. The top five winning entries will be displayed on the ABA website and put into a draw to win a prize.

The competition is now open - the closing date for entries is **27 July 2012**. For further details and the entry form <a href="https://www.anti-bullyingalliance.org.uk">www.anti-bullyingalliance.org.uk</a>

# **Nottinghamshire Anti-bullying week**

Following the success of Anti-bullying Week 2011 in Nottinghamshire, it gives me great pleasure to inform you that we will be hosting a series of events again this year. We are also encouraging as many schools, youth clubs and other settings to run events and activities focussing on anti-bullying work.

We know that all of our schools/settings work extremely hard to ensure that children and young people feel safe and happy and that bullying is being addressed. We would like this year to be even bigger and better than last.

We are really pleased that the national theme, *We're better without bullying* is linking antibullying with achievement in its broadest sense to include participation in groups both inside and outside school and would like to encourage everyone to participate.

# The Poster Campaign

We are inviting children and young people to design a piece of artwork to place in the centre of our 2012 Anti-bullying Campaign.

This year we intend to produce the posters in electronic form only which will then be available for schools and settings to download and use.

- Posters should be A4 in size
- o Can be hand drawn, painted or designed by computer
- Schools should judge their posters 'in house' and send a winning poster from each year group.
- o Closing date for entries is Monday 19<sup>th</sup> October
- Every school will receive a set of posters w/c 8<sup>th</sup> November to be displayed in your school ready for anti-bullying week.
- o Two posters for each school year (1-11) will be selected for publication

# Anti-bullying Showcase - Monday 19<sup>th</sup> November 2012

Once again we are holding our showcase at the Palace Theatre, Mansfield where young people have had enormous satisfaction presenting their work in such an impressive venue.

The showcase is kicking off the week so young people can show their work in a theatre and then share their success within their own settings. We are looking for a sample of the great things you are doing to reduce bullying in your settings. This could be a song, dance, play, video or drama.

Several schools have been regular contributors but all new comers are welcome. If you would like to participate by bringing some young people to watch the performances either as a reward for their hard work in anti-bullying work in your school or to help them develop their ideas and future plans then tickets are free.

Thank you for all of your support with reducing bullying in Nottinghamshire. If you have any questions or would like to be involved in Anti-bullying Week, then please do not hesitate to contact us.

For more information about the poster campaign or showcase please contact Matt Rooney on 01623 797193 or matt.rooney@nottscc.gov.uk

## **Peer Mentoring**

On Wednesday 13<sup>th</sup> June the first meeting of the Peer mentoring network for the south of the county met at the Becket Academy.

The aim of the network is to allow schools and other settings using peer support to meet and share good practice. It is open to all Nottinghamshire schools and settings. A similar network is also being set up in the north of the county with its first meeting on 27<sup>th</sup> June at the Dukeries College, Ollerton where dates and agendas will also be confirmed.

This first session was to set up dates for the next academic year and agree venues. It also set up an agenda of potential areas for consideration. The next meeting for the south is planned for 1<sup>st</sup> November at the Young Carers Centre, St Anns, NG3 3EH.

The topics for discussion will be

- The Nottinghamshire self assessment tool and action plan which were given out at the session. Schools agreed to fill this in for next session. (copies of this document will be available in the Peer Mentoring room of Fronter and on Wired or by contacting Lorna Naylor at <a href="mailto:lorna.naylor@nottscc.gov.uk">lorna.naylor@nottscc.gov.uk</a>.
- Accreditation for peer mentors and staff running Peer mentoring schemes.

Full details of the progress of both networks will be circulated to participants and available on Fronter and Wired. If you would like to be on the circulation list for either groups please contact <a href="mailto:tricia.clarke@nottscc.gov.uk">tricia.clarke@nottscc.gov.uk</a>

# **Nottinghamshire County Council Anti-bullying Policy Update**

The County Council policy and action plan has now being finalised and will be available on line. The young person's policy will not be updated as it is still relevant and well received. Hard copies are still available for schools and settings.

#### Model policy

I would like to remind schools that the new model policy and reporting sheets are on Wired and Fronter. I am still offering the Quality Assurance of policies and support with implementation and have worked with staff and occasionally parent groups to help schools with this. If schools wish me to look at their policies they can e-mail me a copy and I will return it with suggestions for improvement and an assessment summary.

# E-safety

Social networking sites and gaming are still major concerns for schools and I am still offering support with e-safety education in the form of a constantly updated training package for schools. The Primary school package is a staff session and a parents session (£100) I have also let schools have copies of the sessions for their website. For secondary schools where full staff training is not appropriate I can work with a smaller group of staff if required.

I have also delivered the training to other professionals who work with children and young people in children's homes and conferences.

Although I am constantly updating the presentations I am always coming across new ideas for resources or ideas to support staff. Here are some of the more recent finds:-

#### Horrible Histories/Tracey Beaker

These were released by CBBC around International E-safety day in February and I am sure would go down well at Key stage 2.









Guy Fawkes Privacy

Prudish Victorians-Age

Saxon Monk Photos

Lady Jane Grey -Beware of what you download

**Tracey Beaker** 

Tracey Beaker - You choose



#### www.bbc.co.uk/topics/stay-safe



#### Vinz et Lou sur le Internet

# **Bring Internet Safety to French for KS2!**

This could be a useful resource for combining both French and Internet safety. Vinz et Lou is a popular cartoon series from France and with the support of the French Safer Internet Centre have just produced a series of cartoons around Internet Safety.

The program Vinz and Lou on the Internet was designed with support from the Ministry of Education, to allow the creation of interactive workshops to raise awareness in educational settings.

You can also download resources with different themes and key messages, interactive activities and corresponding worksheets. Find out more at <a href="https://www.vinzetlou.net">www.vinzetlou.net</a>

#### **Smartie the Penguin and the Early Surfers Zone**

A New Resource! For foundation and Key Stage 1

This is designed for the parents and carers and educators of 3-7 year olds, to help introduce young children to internet safety, in an age-appropriate, fun and engaging way. The resources are based around the character of Smartie the Penguin, who learns to be safe online, by asking his family for help whenever anything happens to make him feel upset, confused or worried.



There is a lesson plan among the resources for teachers with the aim:

"Pupils will hear the story of Smartie the Penguin and answer associated questions throughout the story to help Smartie make the best decisions whilst on the internet. Pupils will learn a simple e-safety message in the form of a song, which will be repeated on several occasions."

There are also follow-up activities, which children could do either at school or at home, including a printable E-book, questions for discussion (for parents/carers/school staff who are reading the story), and an art gallery for children to submit their posters and creative work. <a href="https://www.childnet-org">www.childnet-org</a>

## Sexting

What is Sexting?

Sexting is defined as the: - "exchange of sexual messages or images and creating, sharing and forwarding sexually suggestive nude or nearly nude images" through mobile phones and the Internet.

Quantitative research on sexting varies: statistics range between 15 and 40% of young people being involved in sexting, depending on their age and the way sexting is measured. However, qualitative research is also needed to understand this fast-moving issue in more detail.

The NSPCC have published a report

A qualitative study of children, young people and 'sexting': a report prepared for the NSPCC available from

www.nspcc.org.uk/inform/resourcesforprofessionals/sexualabuse/sexting-research

In this study, the researchers listened to young people's views and experiences to gain an understanding of how sexually explicit texts and images are produced, circulated and used through mobile phones and the internet and how these practices shape the offline lives of young people. The report sets out recommendations for schools, parents, internet service and site providers, child welfare professionals and future research.

Family Lives - www.familylives.org.uk/about

this organisation are offering a four-hour training for school staff, on sexual bullying. This will then enable staff to deliver 5 x one hour lessons to their pupils, embedding into the curriculum, the causes and effects of early sexualisation, the use of sexualised language and bullying. In addition they will look at the effect of Cyber world; Sexting/Internet (porn-fantasy and reality) and how it adds to the issues of sexualised bullying, positive gender relationships and sexual violence; myths and facts, safety tips and awareness

#### **Facebook**

Schools are increasingly being asked to support parents when their children are being bullyied on social networking sites.

Remember these sites do not recommend that under 13 year olds use their sites and do have a reporting system to report under age usage.

However as we know a lot of under 13 children are using the sites and over 13's are just as vulnerable. I would recommend that all parents familiarise themselves with the *terms and conditions* of Facebook which do have advice re cyberbullying. The site is keen that parents are invoved in 'teen' use of their site( under 18) and this is their advice:

Hopefully, bullying has been part of your ongoing conversation about Facebook and the internet. The best protection against bullying is to learn how to recognize it and how to stop it. Tell your teen:

- Don't respond. Typically, bullies want to get a response don't give them one.
- Don't keep it a secret. Use Facebook's Trusted Friend, a reporting tool specifically for teens, to send a copy of the abusive contact to someone they trust. This will also generate a report to Facebook.
- Do document and save. If the attacks persist, you may need to report the activity to an internet service provider and they will want to see the messages.

Make sure your teen is familiar with the tools Facebook offers to help deal with bullying. Depending on the seriousness of the situation:

- <u>Unfriend</u> Only your teen's Facebook friends can contact them through Facebook chat or post messages on their Wall (timeline).
- <u>Block</u>— This will prevent the person from seeing your teen's information, including posts and updates even if they're a friend of friends or contacting your teen in any way on Facebook.
- Report If they're posting abusive content, report the person.

If you are living in the United Kingdom, under 18, and believe that an adult is acting inappropriately towards you on Facebook, please submit an online report to the <a href="Child">Child</a>
<a href="Exploitation and Online Protection Centre">Exploitation and Online Protection Centre</a>
(CEOP):

(If you are a parent or other adult and concerned about a minor, you can also submit a report by clicking on the link <a href="https://www.facebook.com/help/safety">www.facebook.com/help/safety</a>

# **Homophobic Bullying**

Nottinghamshire County Council continue to work with Stonewall to look at ways of tackling homophobia.



Stonewall have produced an excellent pack for Primary schools and we have a free copy available for every Nottinghamshire Primary school. These will be distributed to head teachers at district heads meetings. Contact Sarah Lee at <a href="mailto:sarah.lee@nottscc.gov.uk">sarah.lee@nottscc.gov.uk</a> if you have not got your copy.

A really useful report enclosed in the pack called *Including Different Families* offers a checklist for parents choosing a school (p23)

#### TEN QUESTIONS FROM PARENTS WHO ARE CHOOSING A SCHOOL

- 1 Do you have an anti-bullying policy which specifically mentions homophobic bullying?
- 2 How is the school's stance on homophobic bullying/use of language communicated to pupils?
- 3 What is your procedure for responding to homophobic bullying?
- 4 Are staff given training as part of their continuous professional development round different families and ways to make sure that the children of gay parents are supported/included?
- 5 Are you aware of children within the school who have same-sex parents?
- 6 Do you stock books which look at a range of different families?
- 7 How do you include different families such as same-sex families in your curriculum?
- 8 Do you include same-sex relationships as part of sex and relationship education?
- 9 Do you have openly gay, lesbian or bisexual members of your governing body or staff?
- 10 Do you display posters or other materials around school which celebrate difference, including sexual orientation, in a positive light?

Stonewall Education Guides - Education for all: <a href="mailto:education@stonewall.org.uk/educationforall">education@stonewall.org.uk/educationforall</a>

#### Other Resources and research

A reminder of some local resources in Nottinghamshire

#### **The Worm Collector**

'The Worm Collector' is a play and workshop for young people aged 9 – 12 years, which tells the story of how a young boy comes to be involved in a knife incident. We'd like to emphasise that, although the story is about knife crime, the play contains no graphic or violent scenes at all.

#### Contact details are:-

Kitty Parker, Roundabout Administrator, Nottingham Playhouse, Wellington Circus, Nottingham NG1 5AF **Direct line: 0115 873 6203** *Usual* working hours: 8:30am – 4:30pm

#### **Robert Higgs**



Offers arrange of presentations and workshops for schools around anti-bullying. He also produces a newsletter to which schools can subscribe to keep them up to date with his work. Contact Rob at <a href="mailto:rob@roberthiggs.co.uk">rob@roberthiggs.co.uk</a> or give him a call on 0845 003 7459

# **Apple Pie**

Apple Pie performance in education is a company offering a programme of interactive sessions using drama as a tool for learning. Through drama techniques and exercises we involve students in exploring issues and subjects identified by the school.



The workshop programme covers all aspects of the PSHE Curriculum for Key Stages 1-4. Visit our website to see some of the many topics

that are tackled. In addition we are able to devise school specific sessions to meet the needs of your pupils.

Apple Pie also offers Peer Support training for both Primary and Secondary schools. The training enables young people to acquire the skills needed in supporting their fellow pupils.

Our company is available to deliver PPA cover. We offer engaging and exciting learning opportunities using drama to explore topics specific to your schools curriculum.

For more information please visit our website www.apple-pie.org.uk or contact James Appleyard on 07857 679 719, james@apple-pie.org.uk.



# **Kidscape BIT**

Kidscape Bullying Intervention Training (B.I.T) is a new programme to protect young people from bullying. It emphasizes confidence—building practical skills and tools to empower young people to keep themselves safe; those who are being targeted

and those who may be involved in bullying others.

Professionals will learn how to facilitate a workshop for young people aged 13-16 during a three hour interactive training session. Topics are covered through discussion, film clip critique, role plays, scenario work and individual and group exercises with feedback. Attendees will have a full set of guidance notes and resources to use with young people. These can be downloaded from the Kidscape website at <a href="https://www.kidscape.org.uk/bit">www.kidscape.org.uk/bit</a>.

# **Topic Covered**

- Warm up exercises and training ground rules
- Indentifying bullying behaviour -types, methods and reasons
- Bullying roles individuals and groups
- Body language and what it signals
- Behaviour types and responses -passive, aggressive and assertive
- Assertiveness skills saying no!, 'fogging', broken record'
- Early warning signs –recognising feelings and where they come from
- Anger management techniques
- Visualization exercise for relaxation
- Individual toolkits for staying safe
- Signposts to further information and resources
- Feedback questionnaires for evaluation

#### **Outcomes**

- Attendees will have an understanding of types, causes and the impact of bullying which will equip them to take preventative action.
- Attendees will be able to empower young people with practical tools and strategies that will improve confidence levels and the ability of young people to react positively to difficult situations.
- Attendees will be able to work with young people to help them control aggression and improving feelings of self-worth and wellbeing.
- B.I.T training will support improved school engagement and attendance of young people and other anti-bullying work.