

United Against Bullying School Case Study: Encouraging pupils to take a stand against bullying

How Herschel Grammar School introduced initiatives to encourage pupils to speak up against bullying

Context of our anti-bullying work

This is the second year Herschel Grammar School has taken part in the ABA programme. Last year we achieved Silver status which was great and this year we have been building on our previous work.

Herschel Grammar School is a Grammar School, which is mixed and caters for 11–18-year-olds in Slough, Berkshire. This is my second year as an assistant head teacher (pastoral lead), where Anti-Bullying falls under my responsibility. Prior to this programme at Herschel Anti-Bullying week was previously sign posted with an antibullying assembly but that was it for antibullying work. Last academic year 21-22 and this year 22-23 there has been a significant amount of work that has gone into Anti-bullying with the structure of the ABA programme. Based on the work carried out last year and the feedback from pupil questionnaires and feedback from the anti-bullying ambassador team helped structure this year's 2 antibullying initiatives. These initiatives are called #ifindoubtspeakout and #educateeveryone.

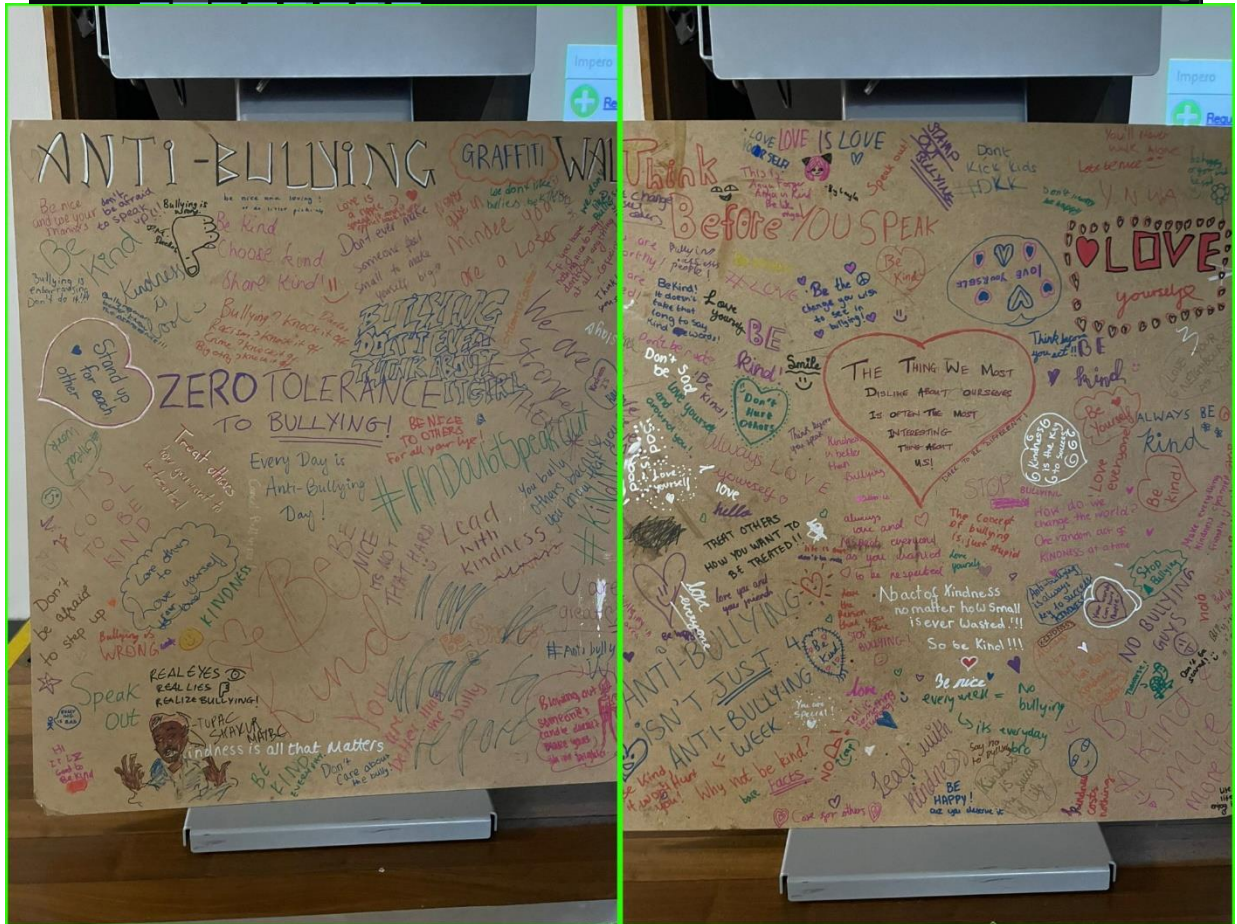
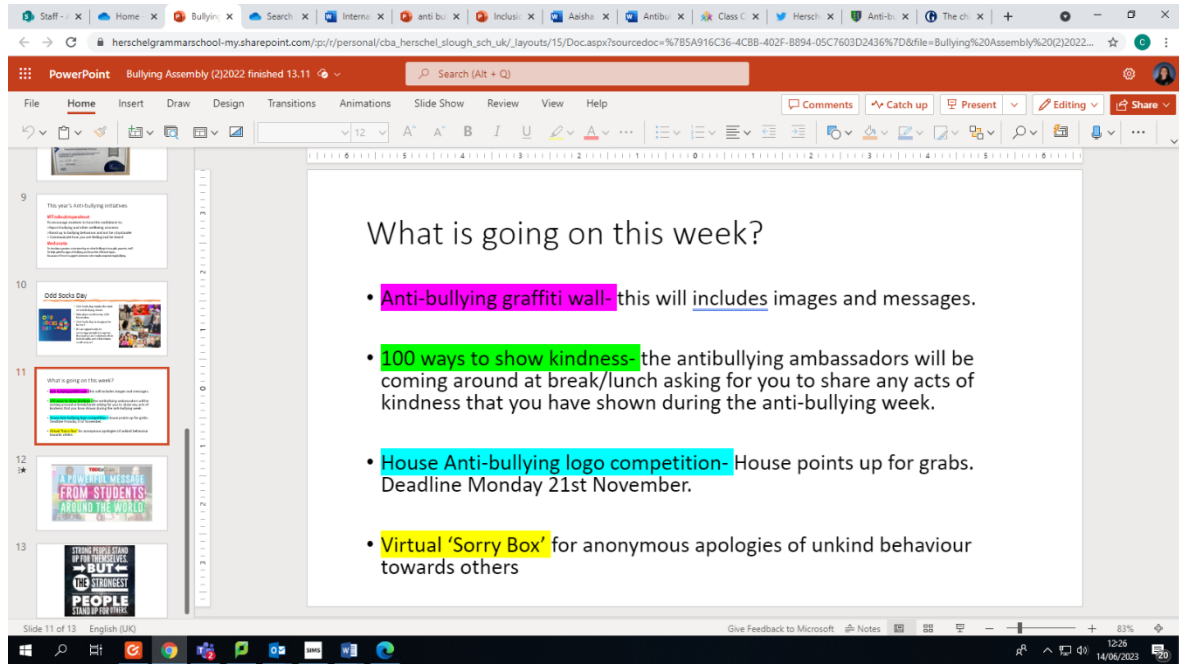
What we hoped to achieve

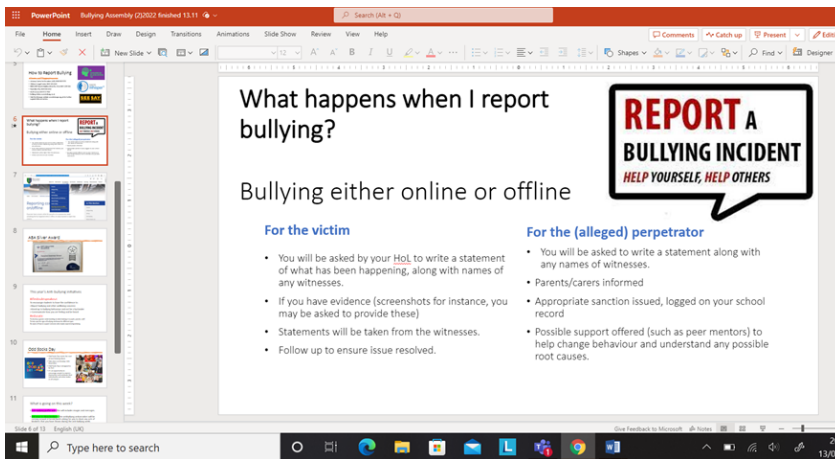
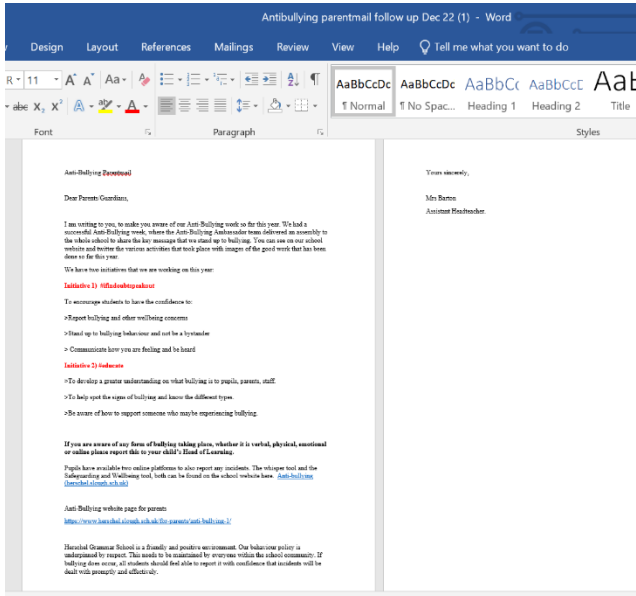
Through the initiative #ifindoubtspeakout the aim to encourage pupils to have the confidence to report bullying incidents within the school. In addition, create appropriate platforms for the school community to report this whether online or in person to maximise bullying reports coming forwards so heads of learning can support and educate all pupils involved.

I hoped to achieve that pupils will recognise the importance of standing up and speaking out about bullying. Also, for students to take responsibility and come away from being a bystander and to report.

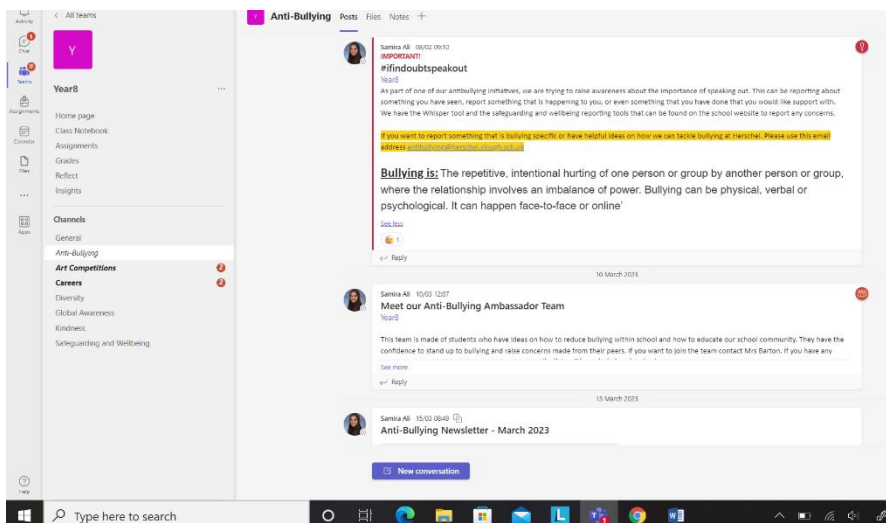
The action we took

- **Anti-Bullying Week November 2022** - this involved an assembly to the whole school across the week. A parent mail letter went out to all parents which contained key information about how to report bullying/who to talk to and what activities took place that week. During the antibullying week, there was a graffiti wall set up to give students the opportunity their thoughts and words of support around antibullying.





- **Use of Anti-Bullying channel** on each year group Microsoft team/ school bulletin where all pupils received key information about how to report bullying, role of a bystander.

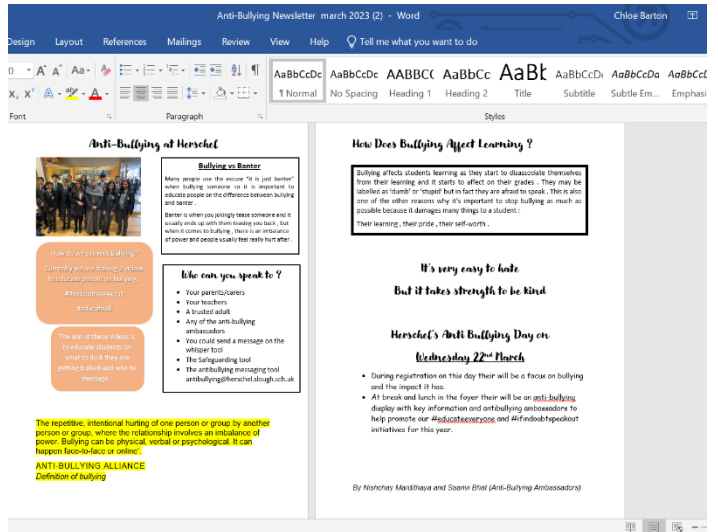
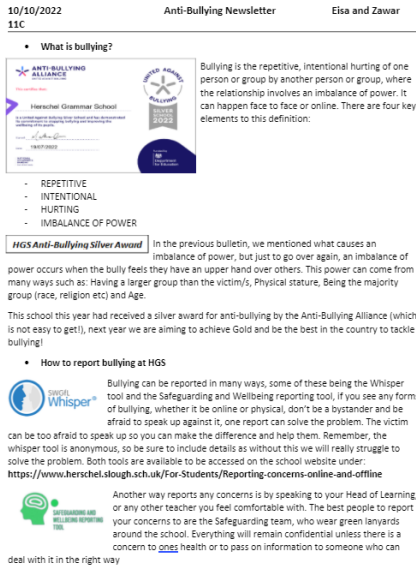


- A **safe space** was set up as a drop in space for the school community to speak to an anti-bullying ambassador.
- A **physical 'old school' worry box** was set up in the library where all students have access during the school day.



- An antibullying@herschel.slough.sch.uk was set up for students to directly use to flag up antibullying related concerns/thoughts/ advice.
- **Antibullying features** on the year council and school council agenda items
- Updating school website antibullying pages for parents and students
<https://www.herschel.slough.sch.uk/for-parents/anti-bullying-1/>
- **School Podcast** - featured antibullying ambassadors in an interview with peer mentors to discuss self confidence and esteem. https://soundcloud.com/herschel-talks/herschel-talks-episode-2-10022023-0611?utm_source=www.herschel.slough.sch.uk&utm_campaign=wtshare&utm_medium=widget&utm_content=https%253A%252F%252Fsoundcloud.com%252Fherschel-talks%252Fherschel-talks-episode-2-10022023-0611

- **Antibullying newsletters/bulletins** that have gone to pupils and parents showcasing how to report bullying.



- **QR code reporting concerns online posters** have gone up in school toilets, medical room, library and other locations within the school as a reminder to pupils that reports can be done online. For Sept 23 there will be stickers of the QR codes for the 2 online reporting tools that we have available which will go into the school planner, which all pupils have access to.

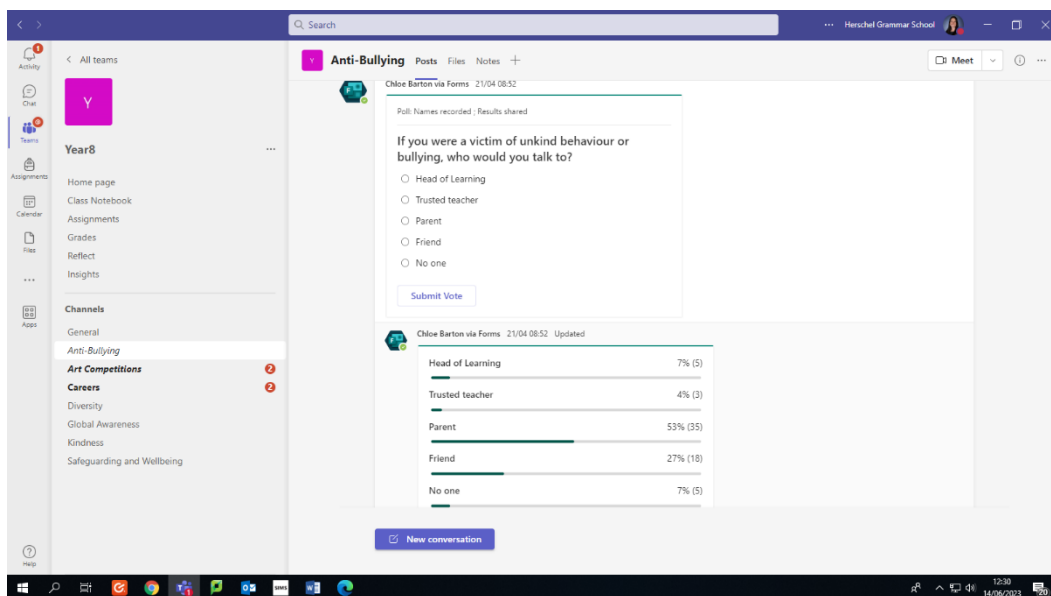
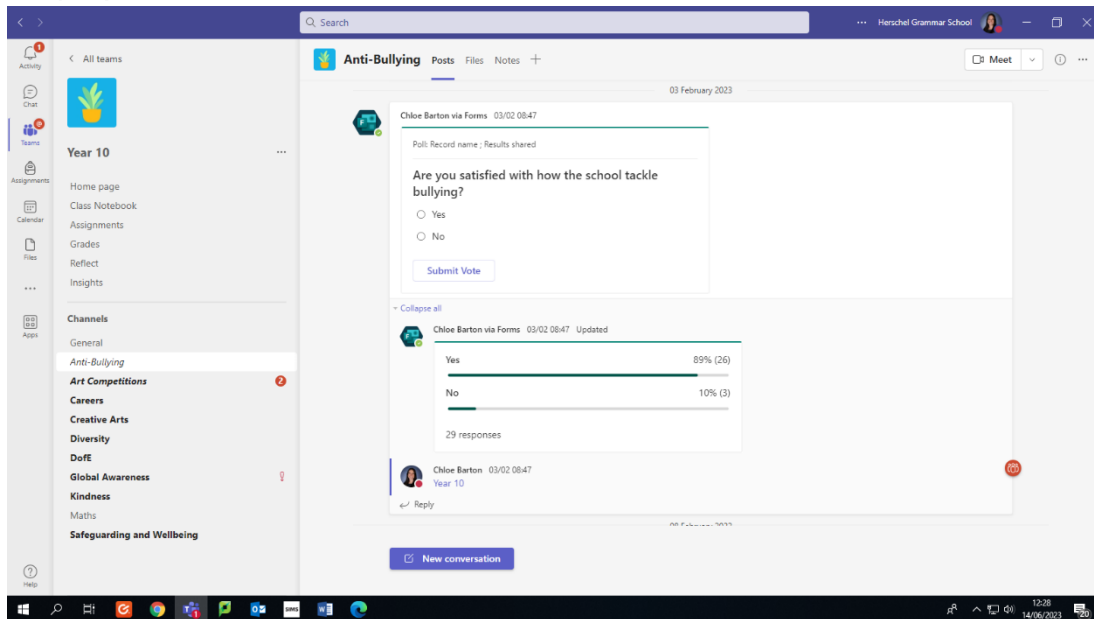
Safeguarding and Wellbeing reporting Tool QR code



Whisper QR code



- **School polls** have been used to gain feedback on how well students feel bullying is dealt with in school. As well as gain an understanding who they would turn to report bullying.



Impact and outcomes of the work

The positive outcomes from the students is that the online whisper reporting tool is being used frequently to flag up unkind behaviour. Cyber bullying is the most reported type of bullying that has been shared this year from behaviour incidents and as a school this is being tackled through further information support and guidance around online safety. The plan for the future is to have a guest speaker in school in September (start of the new academic year) to deliver a face-to-face session on online safety where cyber bullying will be addressed. We will provide parents with support on how to check their child phones and restrict internet

access. There will be further guidance on how to report this to the school through constant reminders.

The Anti-Bullying Ambassador team has worked on several projects throughout the year to gain awareness among staff, students, and parents. For example, the assemblies performed by the ambassadors raised recognition - especially within the younger years - so they know who the ambassadors are and how we can be approached (i.e. via a separate email we created for the team). There are termly anti-bullying newsletters that are released for everyone to read, helping them understand the different pathways of support available: whisper tool, worry box, etc, all of which additionally spread the message of #ifindoubtspeakout.

In the coming year, our team will address the issue of bullying in various new ways; this year we found a successful project to involve the whole school community the 'Anti-Bullying Graffiti Wall' where anyone could come and share a message, quote, or even draw something they believe in. The aspect of making it interactive made it the success it truly was, so, we plan to continue that in the future with new ideas and opportunities for the school to come together and raise awareness around anti-bullying. Another thing I would like to focus on for next year is instilling confidence in pupils to stand up and speak out. This year's initiative has helped with increasing platforms to report bullying and making students aware of it with the better understanding of what bullying is and if unsure, speak to someone about this. But this coming year would be focussing on equipping students with confidence in reporting bullying and would like to start with working with vulnerable groups like SEND pupils with running confidence workshops and go through scenarios.

What we have learned

My antibullying ambassador team and myself believe that the biggest learning is that having an element of interaction is foremost. What I mean by that is that if the year groups are all actively involved in the project in an interactive format - they are more likely to respond well and actually take in the true messages of anti-bullying. While things like posters around the school help spread basic information, the biggest influence (on average from the youngest to oldest year groups) has been pupils actively participating. This can range from having assemblies with questionnaires for people to participate in (through yes/no, hands up/down) to having a whole graffiti board that showcases kindness.

The aim for next year is to set up at the start of the academic year an anti-bullying calendar with ideas, projects, competitions etc which are spread out across the year to keep the message alive but not to overwhelm the school community where they lose interest.