

One to One

Autumn
2008

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Supporting children & young people, Supporting UK schools

A note from the Chief Executive

I had been hoping and dreaming that I would pass the Eleven Plus examination and be the first boy from the south east Lancashire slum, where I had lived since I was born, to go to 'the posh school' on the other side of town in Cheshire - the 'rich' county filled with large houses and proper parks and people with cars.

My hopes and dreams came true that morning, the one I shall never forget, when I was told I had passed: the morning when began for me the dreamy anticipation of being measured for a brand new school uniform, with a badge on the blazer pocket, as well as on the school cap; (I had never been measured for anything before) the morning when I began to imagine catching the tram those three miles or so from the sad back-to-back terraces, past the rows of shops followed by huge houses that stood back from the main A6 behind large gardens with big conker trees, to the big posh school where I would be able to learn and make new friends and play football on a proper football pitch, with grass on it; and, eventually, take other exams that would launch me into a well-paid career.

Came that first morning when, proud as a peacock in my brand new uniform (for which my mum and dad had told me they had 'scrimped and saved'), I stepped down from the tram and made my way the hundred yards or so to the gate to the playground. I stopped and looked around me, still dreaming.

Then, without warning a big boy roughly grabbed my cap, throwing it to another big boy who

crumpled it in his hands before dropping it to the ground, jumping on it, then scuffing it along the ground with his feet. At the morning break the same two boys found me and began to tease me, calling me names, demanding that I handed over any money I had with me. I had none, dinner money for the week having already been handed in to my form teacher. So I was beaten for the first time....the first time.

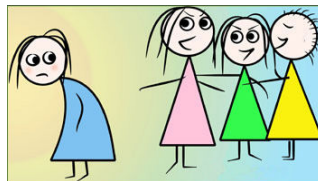
Whether the bullying is physical or psychological, or a combination of the two, it can make that transition from primary school to secondary school a living hell for so many boys and girls; a period when dreams can be shattered, hopes destroyed, and serious learning an experience that a minority of other scholars mock and scorn.

Bullying can quickly rob a young person of self worth and self respect. It can eat away at ambition. It can turn a mild-mannered eleven year old into another bully, if only as a means of self defence.

It is a problem which has never been taken seriously enough by successive governments.

Bullying must be nipped in the bud; taken very seriously by every member of a school's staff, or those responsible for social behaviour in a local community; vociferously responded to by the parents of the victims; and anti-bullying measures practically encouraged with sustained funding by local and national governments.

Dr Gordon Bailey



Cartoon courtesy of Grea at sangrea.net



New office phone
number:
0845 459 1673

Schools Outreach Ltd
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Bullying is always in the top 15 reasons for referral to one of our workers. A huge proportion of children, young people and even adults face bullying every day—in the home, in the street, in school or at work. Bullying can be verbal, physical or even cyber-bullying (which is via the internet or texting).

The following are extracts from our specialists' reports (names have been changed in accordance with our confidentiality policy):

“One-to-one work on bullying has been focused generally on year 7 and 10. There are a number of pupils for which being bullied is a major concern .”

“The anti-bullying groups were focused on both victims and bullies, with different programs tailored to the pupils in them. The aim was to get pupils thinking differently about who they were and how they behaved, as well as developing skills to stop or cope with bullying.”

“David’s lack of confidence showed itself in a tendency to bully others, to be very critical and to be impatient. In our weekly sessions we have looked together at his many interests. It has done him a world of good to be able to spend focussed time with an adult. He has become aware that he can’t always have his own way, that bullying doesn’t achieve positive change in others, and that a gentle answer calms anger down.”

“Bullying sessions have generally been with year 7 pupils and much of it has been a small group of males, seemingly carrying over issues from primary school, or outside the school environment. These issues were generally name calling, and some

minor physical incidents. With a small group of boys, it was persistent over a number of weeks and as such needed specific attention. In this situation, the victims received a number of sessions focusing on coping and preventing bullying. With the bullies the “no blame approach” was used, whereby they are spoken to and told they are not in trouble, but what they had done was totally unacceptable and if it didn’t stop then it would be taken further. This gives the young person a chance to think about what they have done and make a positive choice not to do it again. In this situation, if the victim would like a meeting it is arranged and the situation discussed. In a high percentage of cases this is enough to halt the bullying, though a small number of situations needed further action and sanctions from school staff. “

“There has been a cause for concern on some cases of bullying in Year Two this term. I called these children into my office to talk through feelings and how we were to settle this problem. We made friendship contracts and a friendship chart. They worked hard and were very proud of themselves when awarded with stars and when they achieved their goal.”

News:

Fundraising: In July we sent out an urgent appeal to many of the people on our mailing list. We are so very grateful for the response that we received. In total you have raised over £13,000! A big ‘thank you’ to you all. We are also pleased to report that a trust (that has supported us for many years) has decided not only to continue their support for another year but will also increase their annual donation. In June we started a new core funding appeal to several grant making trusts. We are hoping to hear the results soon.

The Office: In order to save on administration costs we will be closing the Schools Outreach offices sometime later this year. Gordon and Andrea will then be working from their homes. We are so grateful to our landlord David Parker and his wife Ann for their support, they had not increased the rent for many years in an effort to help us and have also offered to let us stay rent free after October until they have new tenants. The new correspondence address will be: **Schools Outreach, 109 Worcester Road, Bromsgrove, Worcs B61 7HN**. You can use this address now or wait until the official moving date which, at the moment, is 1st November 2008. The telephone number has now changed to **0845 459 1673**.

Beatbullying provide resources and training for schools to prevent bullying as well as working with children and young people who have been bullied or are bullying other children.

They say: "We provide children and young people and professionals those all important opportunities to make positive and lasting changes to their lives and outlook, in particular, those so deeply affected by bullying that they can barely face going to school that next morning. We work tirelessly to affect that attitudinal change in those that bully, working with them on taking responsibility and a sense of ownership over their actions, building those foundations for change and improvement in chances and opportunities."

Some statistics on bullying from their website:

- Bullying is widely considered by parents in the UK as the number one concern for their children (Parentline Plus 2006)
- 2,163 unreported crimes against young people resulting from bullying in the last two years in London alone
- Being bullied and fear of bullying is the primary concern for young people and parents alike
- 55.5% of young people have been bullied (Beatbullying, May 2006)
- At least 20 children every year commit suicide because they are being bullied
- 1 in every 2 school exclusions and 46% of school non-attendance is in some way



related to bullying (Institute of Education, 2004)

- 1 in 3 adults living in the UK have witnessed bullying on the streets (BB YouGov survey, 2006). Each week at least 450,000 young people are bullied at school (ABA, 2005)
- Each week a further 500,000 are bullied outside of school within local communities (BB, 2005)
- Every year 40,000 young people telephone help lines about bullying (ChildLine, 2005)
- An MSN/YouGov survey of 500 teenagers shows that 11 per cent of 12 to 15 year olds have been bullied via the internet (March 2006)

We are very grateful to the Beatbullying organisation for allowing us to reproduce some of their website content. To find out more about this registered charity please visit their website at www.beatbullying.org or telephone 0208 771 3377.

Visit www.schoolsoutreach.org:



Our website is packed full of information, including:

About us—looking at the history of Schools Outreach and a breakdown of the Council of Management and staff

Children's Mental Health—a study by leading mental health charity Mind

Our approach—how we work with children and young people

Our services—pastoral care specialists, consultancy and training

Our footprints—where Schools Outreach has had an impact

Fundraising—including a facility for making online donations

Information available to download from the website:

Training courses, Case studies, Statistical data, Newsletters, Annual reports, Standing order and Gift Aid forms, Brochure, and our Child protection policy

If you do not have access to the internet but would like some further information about our work please do let us know.

About Schools Outreach

Schools Outreach offers recruitment, training and employment of pupil pastoral care specialists for placement into primary or secondary schools across the UK as well as training to schools, youth organisations and churches.

Our aim is to incarnate unconditional care in the lives of children and their families. In the first instance children are referred to the pastoral care specialist by members of the teaching staff. By offering the precious gift of time (time the caring teacher longs for but cannot find) the specialist offers friendship, a confidential listening ear and whatever help is practicable.

This has meant deep involvement with children and families where serious physical, emotional, and spiritual deprivation exists.

Our specialists work one to one and in groups with children and young people who are exhibiting signs of disadvantage, neglect or abuse, or are suffering from the loss of a loved-one. They also provide support to struggling parents and help build a good relationship between the parent and the school.

The top ten reasons for referral in 2007/8:

1. Family issues
2. Education
3. Friendship
4. Anger management
5. Behaviour
6. Relationships
7. Low self-esteem
8. Anxiety / stress
9. Health related
10. Personal interests



From an onlooker's
eyes

Written by Vicki Burton, Year 11, Thorpe St Andrew School, Norwich. The poem won first prize in an anti-bullying poster & writing competition organised by Janine Bird (Pastoral Care Worker for Schools Outreach)

*From an onlooker's eyes
I see what you do
You tease and you bully
You beat black and blue
You cause pain and distress
For no reason at all
You do it to hurt them
To make them feel small*

*I see what you do
From an onlooker's eyes
You show little mercy
You don't look surprised
When the tears start to flow
In rivers and streams
These people you're hurting
Have nightmares, not
dreams*

*From an onlooker's eyes
I see what you're like
You're no more than a
coward*

*You're afraid to strike
Unless you're surrounded
By others like you
Who enjoy hurting people
As much as you do*

*Although I see
From an onlooker's eyes
To me the hurt
And the pain isn't lies
Because you do it to me
Though I watch from afar
It's me that you bully
It's me that you scar*

*From an onlooker's eyes
I see myself cry
The hurt is so bad
I just want to die
From an onlooker's eyes
Can't you see what you do?
How would you feel
If I did it to you?*

Schools Outreach Ltd

Specialists in training those involved in the pastoral care of children & young people

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