



Parents/Carers	Support Anti Bullying
	Report Incidents
	Report Concerns
	Confident In School To Resolve & Take Action

Forms Of Bullying	Direct Control
	Excluding
	Rejection
	Negative Body Language
	Verbal
	Physical
	Cyber
	Prejudice
Indirect	



### What Will The School Do For A Child That Is Being Bullied?

School staff will begin by investigating the situation thoroughly and will then decide on an appropriate course of action including:

- support for the child being bullied.
- working with the person doing the bullying to change their behavior.
- speaking to the parents or carers of all parties.
- encouraging empathy, a genuine and meaningful apology and reconciliation.
- delivering anti bullying themed assemblies or class activities.
- involving other agencies if appropriate.
- deciding on appropriate consequences in proportion to the individual circumstances and incidents, in line with the school's engagement & mood management procedure.
- monitoring future behaviour of individuals.

**If you think your child is being bullied contact the School on 01483 892214**

### Parent/Carer Guide to Anti Bullying

Developing a culture of **empathy, tolerance and understanding.**  
The whole school community will implement **best practice** and strive towards accreditations in Anti Bullying.

Children and young people have the right to be **safe and respected** – and the responsibility to act safely and respectfully **towards others.**  
If they have a **concern**, we want to know.

We **support** our students to help them understand that everyone is **mutually valued** and respected **regardless** of gender, race, sexual orientation, beliefs and ability and ensure they have **confidence** in the school's ability to resolve bullying behaviour.



## Signs of Bullying

If your child is being bullied they may tell you or another adult about it, or they may:

- complain of being unwell - to avoid going to school.
- avoid certain children or activities e.g. walking home rather than catching the bus.
- change their behaviour e.g. tantrums, bedwetting, moodiness, bullying a younger sibling or a friend.
- be unwilling to talk about school.
- come home with cuts and bruises, torn clothes, or damaged or lost belongings.
- attempt to change their appearance e.g. refuse to wear glasses.
- take things / money from home to give to other children.
- change their eating habits e.g. loss of appetite.
- truant without your knowledge.

There could be other reasons for these symptoms, so try and avoid jumping to conclusions.

## Cyberbullying

Children can use mobile phones or the internet to bully others by sending threatening or hurtful messages and photographs, and spreading rumours. This is illegal and, like any serious form of bullying, the school may involve the police.

- Be aware of your child's use of technology and try to monitor what they are sending and receiving. Try to keep up-to-date with the technology yourself.

- Encourage your child to be very careful to whom they give their contact details.
- If your child knows the sender of the bullying messages, and is at the same school, contact the school as soon as possible, even if the messages happen outside of school hours. Save the messages to show to the school. They will pass them on to the police as necessary.

## What To Do If You Think Your Child Is Being Bullied

- Calmly talk to your child and reassure them that if they are being bullied you and the school will take them seriously and can help them.
- Make a note of what your child says has happened, who was involved and how often incidents have occurred. Listen to your child and value their feelings and worries.
- Talk to the Headteacher or form tutor as soon as possible. Ask to see the school's anti-bullying procedure which tells you how the school will support you and your child.
- Be ready to hear other sides of the story and listen to the school's solution.
- Keep a record of what is suggested by school staff and allow staff time to investigate and deal with the situation, in the way they feel is most appropriate. Arrange a time to talk again.
- If you are unhappy with the teacher's response, or the bullying continues, contact the Executive Headteacher. As a final resort you can make a complaint in line with the school's complaints procedure. It is unhelpful to tell your child to do anything that will escalate the situation or to tackle other parents or children yourself.

## Working With The School

- Work with the school to find a resolution and try not to jump to conclusions or be hasty.
- Try to remain calm and make balanced decisions regarding your child's well-being and safety.
- Keep an open mind about which solutions will be best for your child.
- Keep your child involved and don't try to protect them to the point where they don't know what is happening.
- Keep listening to your child throughout. Also listen to school staff, as they have considerable expertise and experience in these situations.
- Try not to remove your child from the school. This may not be the answer and could have a detrimental effect on the positive relationships your child already enjoys at school. Remember that you have a legal responsibility to ensure your child's attendance.

## What If My Child Is Bullying Others?

There are many reasons why young people bully others, sometimes they are copying someone else, or being encouraged by others. It may be because they are having problems themselves or haven't learnt other ways of mixing with other children.

All children need to be taught how to empathise with the feelings of others. They need to understand that ignoring or encouraging others who are bullying is unacceptable and take responsibility for reporting bullying when it occurs. Talk with your child and explain why their behaviour is wrong, and encourage them to think about the impact of their behaviour on others.