

Tips for parents and carers

If your child has been bullied:

- Calmly talk to your child about it
- Check all the facts – is it bullying or friendship problems which may resolve naturally?
- Make a note of what your child says - particularly who was said to be involved; **how often** the bullying has occurred; where it happened and what has happened
- Reassure your child that telling you about the bullying was the right thing to do.
- Explain that any further incidents should be reported to a teacher immediately
- Make an appointment to see your child's class teacher and explain to the teacher the problems your child is experiencing

Talking to teachers about bullying

- Try and stay calm - bear in mind that the teacher may have no idea that your child is being bullied or may have heard conflicting accounts of an incident
- Be as specific as possible about what your child says has happened - give dates, places and names of other children involved
- Make a note of what action the school intends to take ask if there is anything you can do to help your child or the school
- Stay in touch with the school - let them know if things improve as well as if problems continue
- **If you think your concerns are not being addressed:**
- Please make an appointment to see one of the deputy heads or the headteacher.

If your child is bullying other children

Many children may be involved in bullying other pupils at some time or other. Often parents are not aware.

Children sometimes bully others because:

- They don't know it is wrong
- They are copying older brothers or sisters or other people in the family they admire
- They haven't learnt other, better ways of mixing with their school friends
- Their friends encourage them to bully
- They are going through a difficult time and are acting out aggressive feelings

To stop your child bullying others:

- Talk to your child, explain that bullying is unacceptable and makes others unhappy
- Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want
- Show your child how to join in with other children without bullying

Make an appointment to see your child's class teacher; **explain to the teacher :**

- the problems your child is experiencing; discuss with the teacher how you and the school can stop them bullying others
- Regularly check with your child how things are going at school

Bullying Helplines

Childline

Free confidential help-line for children and young people in any kind of trouble, worry or danger.
Contact 0800 1111

Kidscape

Has a range of publications for young people, parents and teachers. Bullying counsellor available Mon-Fri 10 – 4 Contact 0207 730 3300

Parentline

Free confidential helpline, dealing with a wide range of parenting difficulties.
Contact 0808 800 2222



Ledbury Primary School

Anti-Bullying Parent Guide



Anti-Bullying Policy

What is Bullying?

From time to time children fall out, disagree, quarrel and sometimes fight. Most children can sort out disagreements and fallouts by themselves. In fact, it is important that adults do not intervene over every incident as children need to learn how to handle conflict. This, however, is not bullying.

Bullying is behaviour that is deliberately hurtful (including aggression), repeated often over a period of time and where it is difficult for victims to defend themselves.

It can take many forms including:

Physical – hitting, kicking, taking belongings, an older child deliberately hurting a younger/smaller child on more than one occasion and by design

Verbal – name calling, insulting, making offensive remarks, e.g. racist, sexist or homophobic, regularly 'picking on' another child and tormenting them

Indirect – spreading nasty stories about someone, exclusion from social groups, being made the subject of malicious rumours, text messages, face book comments, social media sites.



Aims and Objectives

We aim to prevent and deal with any behaviour deemed as bullying, and to promote an ethos where bullying is regarded as unacceptable, so that a safe and secure environment is created for everyone to learn and work in.

This will happen through:

- Raising awareness of and defining bullying as well as gaining an understanding as to why some children bully.
- Positive action to prevent bullying within different curriculum areas (PSHE and Citizenship, Circle time and assemblies)
- Development of a consistent response to any bullying incidents that may occur.
- Provision of support for all members of the school community who may be involved in a bullying situation.
- Developing and supporting home, school and community partnerships.

Procedures for Reporting and Responding to Bullying

Bullying, however, is never acceptable and adult intervention is important and essential.

When a bullying incident occurs we will take positive action such as:

- Allow appropriate 'cooling off' time for pupils involved.
- Listening to the victim, quietly, attentively and without annoyance.
- Listening to the aggressor.
- Making sure they are both all right, calm and have stopped the unacceptable behaviour.
- It may then be appropriate to discuss behaviour together and obtain genuine apologies.
- Ensure that all incidents of bullying and procedures are recorded in behaviour incident logs.
- Inform both parents / carers as necessary.

Depending on the seriousness and/ or frequency of the unacceptable behaviour, parents/ carers may be encouraged to take an active part in making a plan in order to promote acceptable behaviour.

Sanctions Available

- Loss of games time.
- Withdrawal from playtime(s) for an agreed period
- Withdrawal from favoured activities
- Withdrawal from representing the school
- Withdrawal of privileges
- Seclusion (exclusion from peers)
- Seclusion in another school such as Brookfield
- Exclusion from school for a fixed period

Strategies for the Prevention and Reduction of Bullying

- Teach through PSHE and Citizenship
- Intervention from the Well-being team
- Co-operative group work
- Circle Time
- Buddying Scheme
- Mediation by adults
- Circle of Friends
- Whole school activities e.g. assemblies
- A well organised and supervised outdoor environment
- Use of outside agencies, where appropriate (lunchtime clubs)
- A range of activities to encourage play and positive social interaction at play and lunch-time, as well as good supervision.

