



## HOW DO I SUPPORT MY CHILD IF THEY ARE BEING BULLIED?



*FELLOWSHIP, COURAGE AND CREATIVITY*

**All children have a right to feel safe and happy in our school, where bullying is not tolerated.**

### WHAT IS BULLYING?

- “Bullying is deliberately hurtful behaviour, repeated over a period of time, that intentionally hurts another individual physically or emotionally”.
- It can include ...
  - ... hitting, kicking, pinching, pushing, biting, spitting and damaging belongings
  - ... name calling, spiteful remarks, threats and teasing
  - ... spreading rumours and ganging up.

### WHAT DOES MY SCHOOL SAY ABOUT BULLYING?

- We do not tolerate bullying at our school
- We aim to ensure that all our pupils know...
  - what behaviour is expected of them (be respectful, show kindness and come to learn)
  - what is meant by unacceptable behaviour and bullying
  - what to do if they witness or are the victim of bullying
- We train our staff to
  - supervise the children carefully
  - look out for early signs of bullying
  - listen to the victim and give them immediate support
  - have a consistent approach dealing with unacceptable behaviour
  - record incidents of unacceptable behaviour and bullying
  - make it clear why bullying behaviour is unacceptable
  - take disciplinary actions to support the victim
  - work in partnership with parents to support any child who may be exhibiting bullying behaviour
  - monitor to ensure that such behaviour is not repeated
- We strive to partner with pupils, parents, carers, all our staff and Governors to work together to stop all forms of bullying.

## AS A PARENT/CARER WHAT CAN YOU DO, IF YOUR CHILD TELLS YOU THAT HE/SHE HAS BEEN BULLIED?

- Listen and believe your child.
- Reassure them that it is not their fault.
- Let them know you love them and appreciate how difficult it is for them.
- Tell them that you will talk to the school as this behaviour needs to stop.
- Encourage them to walk away and seek help from an adult.
- Look out for signs of intimidation such as:-
  - Unexplained injuries
  - Anxious about going to school
  - Feigned illness
  - Low self-esteem
  - Disturbed sleep/eating patterns
  - Tearfulness
  - Anger or abusive behaviour
  - Damage to belongings
- If you suspect your child may be bullying others, please discuss your concerns with their class teacher so that they too can be offered support.

## WHAT HELP SHOULD YOU EXPECT FROM YOUR SCHOOL?

- Talk to your child's class teacher as soon as possible, if you are concerned that your child is being bullied. Staff will:-
  - quickly investigate any allegations of bullying behaviour
  - inform you that appropriate action is being taken
  - monitor for any re-occurrence
- Go back to the class teacher if you feel that the behaviour has continued.
- Go to the Headteacher if you still feel that the allegations aren't being appropriately addressed.
- If you feel the bullying behaviour isn't being resolved, please refer to the Complaints Policy and Procedure.
- Familiarize yourself with the school's Anti-Bullying and Behaviour Management Policies available on the school website.

## WHERE TO GO FOR FURTHER SUPPORT

Family Lives

[www.bullying.co.uk](http://www.bullying.co.uk)

0808 800 2222

Charity that offers all family members immediate and on-going support with any problem or challenge that they face.

Childline

[www.childline.org.uk](http://www.childline.org.uk)

0800 11 11

Free, confidential helpline for children and young people. Trained volunteers offer advice 24 hours a day, by phone and online

NSPCC

[www.nspcc.org.uk](http://www.nspcc.org.uk)

0808 800 5000

Leading children's charity fighting to end child abuse in the UK, offer help for adults concerned about a child.

Kidscape

[www.kidscape.org.uk](http://www.kidscape.org.uk)

020 7823 5430

A telephone helpline for parents and carers of bullied children.