

A Parent's Guide to Anti-Bullying



What is the definition of bullying?

Bullying may be defined as behaviour by one or more children (or adults) which produces damaging or harmful effects, physically or emotionally, to any individual.

Bullying is behaviour that intentionally causes distress to others. It may be teasing, name calling, physical assault, damaging property or extortion.

The main difference with bullying compared to a hurtful incident, is that these are ***repeated incidents to the same person*** over a period of time.

Everyone should be aware that there might be behaviour which is hurtful, but not intentional. Such behaviour should always be treated seriously with support given to everyone involved. The offender should be made aware of his/her actions.

Parents - your role



The role of parents is so important. Where ever possible try to:

- Discourage your child from using bullying behaviour in school, at home and elsewhere.
- Take an active interest in your child's school life; talk about friendships, how playtime is spent and (perhaps) the journey to and from school.
- Watch out for signs that your child could be being bullied, or are bullying others. If they show signs, start a conversation and try to establish the reasons.
- Please do not contact the other pupil or parent directly who may be involved, but refer concerns your child's class teacher/form tutor.
- Contact the school if you are worried that your child is being bullied or is bullying others.

How to support?

...If your child is being bullied:

Listen and help them record details.

Reinforce the message of telling an adult as soon as possible.

Encourage and help them practise agreed strategies to help them when they are worried or anxious.

Help them to resolve an incident and move on.

Be kind
whenever
possible. It is
always possible.



How to support?

...If your child is the bully, how can you help them?



Help them to realise that their behaviour is unacceptable and try to question why they have behaved in such a way.

To have alternative strategies so that if a similar situation occurs they are better prepared and can reconcile and repair friendships.

Support them by taking any consequence or sanction as a positive learning experience.

Things your child could say or do to help prevent bullying

Don't be intimidated, maintain eye contact and strong confident body posture.

Fogging - remember they are trying to hurt you so don't let them. Think of all the really positive and wonderful things that make you so special and unique.

Say "NO" strongly and firmly. Or "I don't like it when you..... - stop it please"



At school

We aim to develop an environment in which all members of the school community (children and adults alike) are encouraged to:

Puritas

- Work hard
- Be self-reliant

Veritas

- Tell the truth
- Keep promises

Probitas

- Respect the rights and property of others
- Show consideration for others



Websites for further information and support:

<https://www.familylives.org.uk/>

<https://www.anti-bullyingalliance.org.uk/tools-information/advice-parents>

<https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying/>

<https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/>

