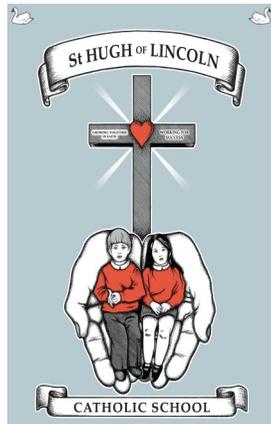


St. Hugh of Lincoln Catholic Primary School



A Parent and Carers Guide to Stop Bullying

For full details of the policy please
refer to the school website

www.sthugh-of-lincoln.surrey.sch.uk



What is bullying?

'Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.' Ref: *Safe to Learn: embedding anti-bullying work in schools.*

What does bullying look like?

Bullying can include:

- ♦ physical (hitting, kicking, taking or damaging belongings)
- ♦ verbal (name calling, threatening, making offensive comments)
- ♦ indirect/ emotional (spreading rumours, excluding someone from social groups)
- ♦ cyber (using electronic means to consciously cause hurt)
- ♦ racist (using the colour of skin or ethnic origin to discriminate)
- ♦ SEND (to deliberately discriminate, poke fun at or exclude because of a disability or a special educational need)
- ♦ Although bullying can occur between individuals it can often take place in the presence (virtually or physically) of others who become the 'bystanders' or 'accessories.'

What should I do if I think my child is being bullied?

Your support Parents have the responsibility to support the school's anti-bullying policy and to actively encourage their child to be a positive member of the school.

Help to solve the problem Parents are able to help immediately if they feel there is potential for a situation to lead to, or may have already become bullying by:

- ♦ discussing the matter sensitively with the child.
- ♦ Sympathising, listening carefully and trying to calmly find out what happened.
- ♦ Reassuring the victim that the bullying will stop.
- ♦ Encouraging the child to talk to an adult at school.

Take action Inform the school and discuss the matter with the class teacher or senior member of staff. (It is not acceptable or appropriate to take matters into your own hands e.g. approach the child or their parent at school.)

- ♦ Do not advocate a 'hit-back' policy.
- ♦ Contact school: Call the office to make an appointment to speak to a member of staff/ head teacher
- ♦ Talk to their child's teacher before or after school
- ♦ Put a note in home/school diary

Signs to look out for :

- ◆ Not wanting to go to school.
- ◆ Becoming shy, withdrawn and lacking in confidence
- ◆ Having 'mysterious illnesses' e.g. tummy upsets, headaches
- ◆ Arriving home with unexplained cuts/bruises/torn clothing.
- ◆ Becoming frightened of walking to school.
- ◆ Asking for unexplained extra pocket money.
- ◆ Reluctance to meet other children.
- ◆ Personality changes e.g. irritability, tiredness, poor sleeping, weepiness, crying outbursts, loss of appetite, forgetfulness.
- ◆ Temper outbursts, abusive language or impulsive hitting out.
- ◆ Bed wetting and nightmares

What should I do if I think my child is bullying others?

Your support

- ◆ Listen to what school staff are telling you about your child's behaviour.
- ◆ Calmly ask your child's opinion and feelings about the situation
- ◆ Continue to show your child that you care about them. It is the behaviour that is the problem, not your child, and behaviour can change.

Help to solve the problem

- ◆ Consider reasons why your child may have bullied others
- ◆ Help your child to take responsibility to put things right. It takes courage to apologise, so show that you are proud of them for doing it.

Take action.

- ◆ If bullying has taken place, outside the school, the staff will appreciate being informed that you know that your child was involved and that you want to sort things out.
- ◆ Make sure that you show others that, even though your child's behaviour has been disappointing, he or she still deserves to be treated fairly and with respect.

(Extracts taken from: 'Confident, Happy Children'- Advice to parents and carers of primary age children on bullying.)

How will the school deal with bullying?

- ◆ The school will interview all children (individually at first) involved to be sure of the facts.
- ◆ Informing parents if bullying has occurred and how the situation is being addressed.

The school has a range of responses appropriate to the situation. These include:

- ◆ individual work with the children involved
- ◆ a restorative approach
- ◆ circle of friends
- ◆ children are taught to understand what bullying is and about forming positive friendships through planned learning in different curriculum areas and particularly through RE, class assemblies, social skills group and PSHE (circle time).

Further information and help:

www.kidscape.org.uk

www.nspcc.org.uk

www.childline.org.uk

www.anti-bullyingalliance.org.uk

