



ALL ABOUT BULLYING






WHAT IS BULLYING?

Unfortunately, many children may experience or witness bullying during their school years: they may be the target of bullying, may be involved in bullying others, may stand by while others are being bullied, or may take positive action to stop bullying. When attempting to tackle bullying, it's important that we are all on the same page and understand exactly what bullying is (and isn't).

The Anti-Bullying Alliance defines bullying as:

The **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.





Children are influenced by the home, community, and society they grow up in, by the things they see, read, and hear, and the people around them.

As adults, we all have a role to play in creating communities where children feel safe and valued: where we use our Power for Good, stand up to prejudice and are united against bullying.

As a parent you have a vital role to play in helping your child recognise bullying and understand how you can help to stop it.



ORGANISER

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What bullying isn't: 'falling out'

It's common for children to have arguments and friendship fall outs (often referred to as 'relational conflict') and they will need our guidance to resolve conflict, make amends, and move on.

Not all incidences of conflict can be understood as bullying. Relational conflict usually involves individuals who are friends, or a situation with no power imbalance involved. It is generally behaviour which happens occasionally, and offence might be accidental. An example might be an argument or falling out with a friend, or experimental 'banter' that unintentionally offended the person on the receiving end (see more about banter and bullying on page 5).

Knowing how to identify and respond to relational issues and conflicts are an important part of a child's development and preventing situations from escalating into potential bullying.

So what happens when someone isn't making the right choices?



St Agnes' consequence ladder

Low level behaviours.*

- Talking when someone else is speaking
- Not listening
- Fiddling with objects
- Insufficient classwork or homework
- Incorrect uniform.
- Rough play
- Pushing in the line
- Not taking turns
- Not standing still when the bell is rung

Serious unacceptable behaviour:

- Discrimination
- Harassment
- Antagonising behaviour
- Bullying
- Cyberbullying
- Possession of banned items
- Truancy
- Refusing to comply with adults
- Theft
- Swearing, racist remarks or threatening language
- Fighting or aggression
- Graffiti/ purposeful damage to school property
- Use of mobile phones without permission
- Disruption on public transport

Consequence ladder	
	Chance/Reminder
	Warning
	Reflection time/Partial loss of playtime <i>Teacher informal meeting with parents</i>
	Complete reflection log Loss of lunchtime (partial) (<u>apology</u> letter/cards) <i>Teacher informal meeting with parents</i>
	Loss of privileges at lunchtime <i>Teacher formal meeting with parent</i>
	See phase leader (Loss of play/lunch time, community pay back) Reflection sheet
	See deputy head <i>Formal meeting with parents/letters sent home</i> Complete loss of play/lunch time Reflection sheet
	See head teacher <i>Formal meeting with parents/ letters sent home</i> Parents called into see head, Internal exclusions or other punishment as deemed fit
	External exclusion



REFLECTION ON MY BEHAVIOUR



Name: _____

Class: _____

Date: _____

Location: _____

Time of day: _____

Adult witnesses/involved: _____

Why I did it?

What I did?

How I feel

Who has been affected by my behaviour and how?

Actions I will now take:

Actions I will take differently in the future:

Type of behaviour:

Rough play/ Low level disruption	Physical	Sexual/sexualised	Discriminatory and prejudicial behaviour, including racist, disability-related and homophobic	Derogatory language including swearing	Bullying
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Outcome/Action:

How does St Agnes support your child?

Golden Rules

We are gentle.	
We are kind and helpful.	
We listen.	
We are honest.	
We work hard.	
We look after property.	



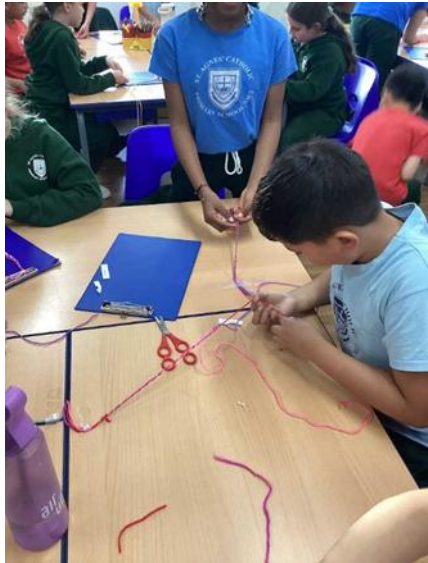
Have you ever felt worried or scared about something? It is important to reach out if you are finding things hard but sometimes you can't find the words and it's normal to feel that way. A tool that can help you is a worry box!

Starting from this week there will be a worry box in every class room but how do you use it?

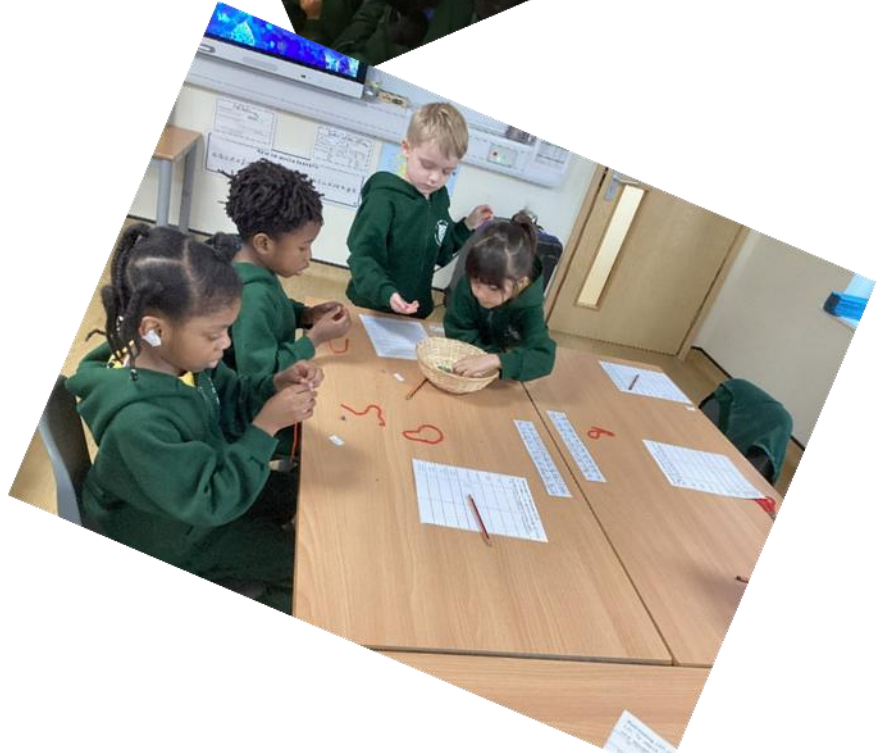
When something is bothering you just write it down on a piece of paper and pop it into the box and a trusted adult will try and help you. Don't let your worries spoil your day write them down and so no matter how you are feeling scared, worried, upset you can get some help and support.

We want everyone to feel safe, happy and heard at our school so let us always remember there is always a way to reach out to trusted people.





POWER
FOR
GOOD
#ANTIBULLYINGWEEK



HOW TO SUPPORT YOUR CHILD

How can I help my child if they are being bullied?

If your child is being bullied, don't panic. Your key role is listening, calming and providing reassurance that the situation can get better when action is taken.

This is where an understanding of the definition of bullying, relational conflict, group roles and banter will be useful (see pages 4-5), so that you are able to discuss with your child what they have experienced and consider the best approach.

- 1.** Listen and reassure them that coming to you was the right thing to do. Assure them that the bullying is not their fault and that they have family that will support them.
- 2.** Try and establish the facts. It can be helpful to take notes of what your child says, particularly names, dates, what happened and where it happened. Keep any evidence such as pictures of injuries or screenshots of online messages.
- 3.** Find out what your child wants to happen next. Help to identify the choices open to them; the potential next steps to take; and the skills they may have to help solve the problems.
- 4.** Encourage your child to get involved in activities that build their confidence and esteem, and help them to form friendships both inside and outside of school.
- 5.** Request a meeting to discuss the situation with your child's teacher or Headteacher - or the lead adult wherever the bullying is taking place. Remember, every child has a right to a safe environment in which to learn and play. See page 7 for more detailed information about working with the school or setting to resolve a bullying situation.





FOR PARENTS AND CARERS

We have advice for parents and carers on our website, including an information toolkit and an interactive anti-bullying information tool. This includes what bullying is, how to work with your school in relation to bullying and how to support your child.

See our website for more: <https://anti-bullyingalliance.org.uk/tool-information/advice-parents>



Other organisations across the anti-bullying sector also have lots of tools and resources that can help you:

- **NSPCC** has a free helpline for parents and carers / 0808 800 5000 / www.nspcc.org.uk
- **Kidscape** provide workshops for children that need support with bullying issues as well as a helpline for parents and carers / 0300 102 4481 / www.kidscape.org.uk
- **Family Lives** gives support and advice for parents on any aspect of parenting and family life, including bullying / 0808 800 2222 / www.familylives.org.uk
- **Contact** has a helpline for families with disabled children - they can give advice on bullying issues / 0808 808 3555 / www.contact.org.uk
- **Red Balloon Learner Centres** provide intensive, full-time education for children aged between 9 and 18 who feel unable to return to school because they have been severely bullied. There are Red Balloon Centres all over England, and they also have a programme of online support / www.redballoonlearner.org
- **YoungMinds** provides advice and information about young people's mental health and have a parent helpline / 0808 802 5544 / www.youngminds.org.uk
- **Papyrus UK** provide suicide prevention support for young people and have a helpline / 0800 068 4141 / www.papyrus-uk.org
- **Childnet** gives advice for parents and carers to help support children and young people in their safe and responsible use of the internet / www.childnet.com

