

What is Bullying?

- It is deliberate and hurtful.
- It is repeated over a period of time.
- It is difficult for those being bullied to defend themselves.

Bullying is not

when a child/children unintentionally hurts someone's feelings by mistake, for example,

- having a laugh
- knocking into people by mistake
- getting angry because they are annoyed with someone or something
- when they decide they don't want to play with someone one day
- Falling out with their friends

Bullying can take many forms:

- **Physical** - hitting, kicking, taking belongings.
- **Verbal** - name calling, insulting and/or racist remarks.
- **Indirect** - spreading nasty stories, excluding someone from social groups
- **Cyber** - sending nasty messages via email, texts, social websites, circulating pictures of another child.

If you have any concerns about bullying, then please contact either:

- Your child's class teacher.
- A Key Stage Coordinator (Mrs Brown-FSU, Mrs Ball - KS1, Miss Smith - KS2).
- Mrs Keightley (Head of Pupils and Personnel).
- Mrs Thomas (Strategic Headteacher).

If we are not aware, we cannot act.

What do I do if my child is bullying others?

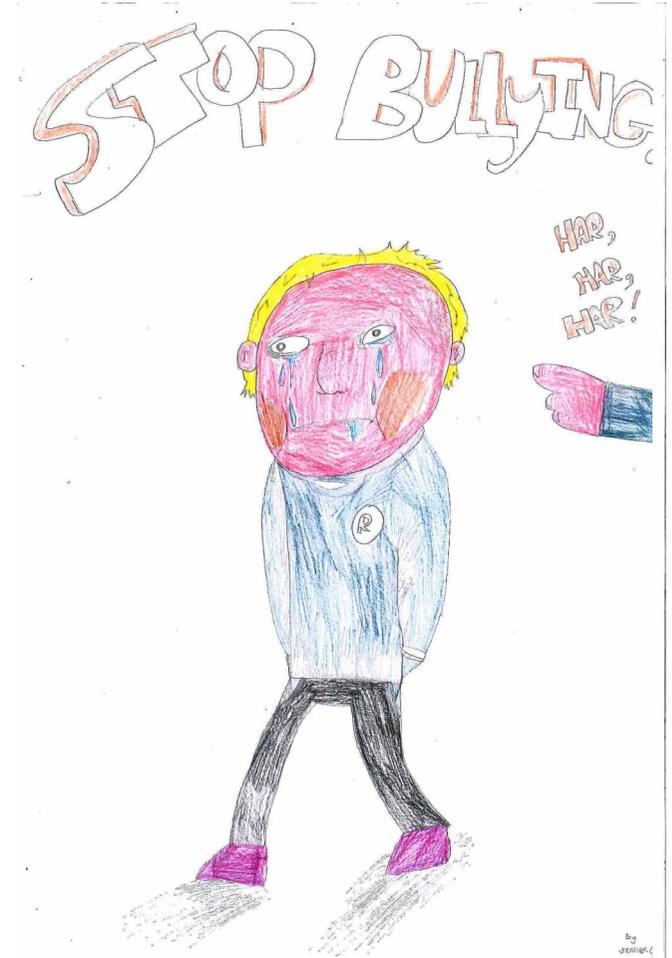
Children might bully others for a number of reasons:

- They are copying people they admire.
- They feel unimportant.
- They want to be accepted by a particular group or gang.
- They want to get their own way.
- They don't know that their behaviour is wrong.
- They are being bullied themselves.

What should I do?

- **Talk to them calmly** and find out what has been happening.
- **Your child may be going through a difficult time**, either at school or at home, and acting out aggressive feelings. Try to get to the root of the problem and find out what is upsetting them.
- **Take a firm yet gentle approach** - be willing to listen to your child's side of the story while also insisting that the bullying is unacceptable and has to stop.
- **Explain what is wrong about any kind of bullying** - whether physical or verbal. Explain how hurtful this can be.
- **Let your child know that you still love them** as a person - it is their behaviour you want them to change.
- **Ask your child how they think the bullying can be stopped.** They may need help from you and the school to change the situation or the way they are acting.
- **Is your child involved with a group of children who are bullying others?** Your child may be frightened about what will happen if they tell on the group. Maybe your child has also been bullied and is scared to talk.

Bullying - A Guide For Parents



BEAT BULLYING

If we are not aware, we cannot act.

Tel: 01623 456516 Website: www.ravensheadcofe.co.uk
Email: office@ravenshead.notts.sch.uk

How can I tell if my child is being bullied?

The following can be typical symptoms of bullying:

- Unwillingness or being afraid to go to school.
- Upset at home and in particular at bedtime.
- Becoming withdrawn, nervous or losing concentration.
- Unfounded illness.
- Being afraid to say what is wrong.
- Developing cuts, bruises or other injuries.
- Developing changes in physical behaviour, e.g. stammering.
- Regularly having clothes or books destroyed.
- Possessions going 'missing' or money 'lost'.
- Becoming isolated or disengaged from other children.
- Becoming easily distressed, aggressive or disruptive.
- Developing problems with eating.
- Developing sleep problems or having nightmares.
- Failure to achieve potential in school work.

We will:

- **Take all reports of bullying seriously.**
- **Listen carefully to what you have to say.**
- **Advise you as to what will happen next.**

What do I do if I think my child is being bullied at school?

Your support

- **Make time to spend with your child** - be in a position in which they can tell you easily about things.
- **Listen** and let your child know you care.
- **Hear his or her feelings** about what has happened.

Your help to solve the problem

- **Help to sort out all the facts of the story** - slowly and calmly.
- **Watch and listen to see if there is a pattern** over time. Keep a log of any incidents along with dates.
- **What does your child want to happen next?** Involving your child in finding a solution can be empowering and strengthen their ability to cope if a similar situation ever arises again.
- **Don't ask closed questions** such as "Did they do...or..." Instead, ask your child to tell you what happened.
- **Don't over question your child.**

Take Action

- **Stay calm.**
 - **Speak to your child's teacher** as soon as possible. Say if the bullying has been going on for a long time. This may be the first time that they are aware of an issue.
 - **Don't take matters into your own hands**, for example by speaking to the child involved, as this could make matters worse.
 - **Please don't encourage your child to hit another child back.** This is totally against our school policy and can make things worse.
- PLEASE COME IN AND TALK TO US.**

What action will the school take?

- **Any child that reports that they have been bullied will be listened to.** We will reassure them that action will be taken.
- **We will interview all children involved to be sure of the facts.** This will initially be done individually so children feel secure and not intimidated.
- **Inform parents if bullying has occurred** and parents are not aware of this.
- **Keep parents regularly updated** as to actions taken.

We will select an approach that is appropriate to the situation:

- **Solution focused** - the children involved work with an adult to ensure that this situation does not occur again. Together, they develop strategies to prevent similar situations from occurring.
- **A restorative approach** - a practice which brings together the children involved in the conflict in order to find an agreed resolution, with those that have been bullied being confronted with the impact of their actions.
- **Circle of Friends** - other children providing support to the child.
- **Individual work with the children involved** - this may take place in the Raven's Nest.
- **Sanctions** which may be applied to a child who bullies - loss of playtimes, loss of privileges e.g. attending school trips, school clubs.
- **Follow up support** - especially keeping in touch with the person who reported the situation and parents/carers.
- **Referral to outside agencies** - if appropriate.
- **Extreme and persistent acts of bullying could result in temporary exclusion** of the child that is bullying from school.