

ADVICE & GUIDANCE FOR PARENTS

If your child is saying they have been bullied:

- Calmly talk to your child about his/her experiences.

Consider if what your child is describing is bullying—it may be falling out. Children fall out with friends regularly, part of growing up is learning to compromise and recognise how to resolve differences. Whilst supporting your child, be objective—find out how it started, how each of the children responded and advise how to resolve differences.

- Make a note of what your child says if they describe bullying (repeated verbal or physical incidents, deliberate targeting of your child)—including how often the bullying has occurred, where it happened, who is involved. Keep a record of any future incidents.
- Inform the school/club/place where it occurred. Community incidents should be reported to the community police.
- Reassure your child that you will be working with the staff to ensure that the bullying stops without making the situation worse for them.
- It is important that you advise your child not to fight back. It can make matters worse.
- Tell your son/daughter there is nothing wrong with him or her. It is not his or her fault that they are being bullied.
- Make sure your child is not afraid to ask for help or tell a teacher. School has worry boxes in every classroom, if your child is shy about speaking out and prefers to write it down.

Dealing with incidents

If bullying is suspected in school, we talk to the child, the suspected bully and any witnesses. If any degree of bullying is identified, the following action may be taken:

Help and support will be given, as appropriate, to both the victims and the bullies.

We support the victims in the following ways:

- Buddies on the playground support the child and tell a teacher;
- Advice is given and children are given the opportunity to talk about the incident and where appropriate, will be supported to ask the bully to stop.
- If the incident is serious and/or continues we will inform parents/guardians.
- We also sanction, yet try to help, the bullies. Most children do not want to be a bully, they may have experienced bullying themselves and are copying behaviour they have seen.

Further information:

Kidscape
www.kidscape.org.uk

Childline
www.childline.org.uk
0800 1111

Anti-bullying Alliance

www.antibullyingalliance.org



Annfield Plain Junior School



"Together We Achieve"

ANTI-BULLYING INFORMATION FOR PARENTS & STUDENTS 2021



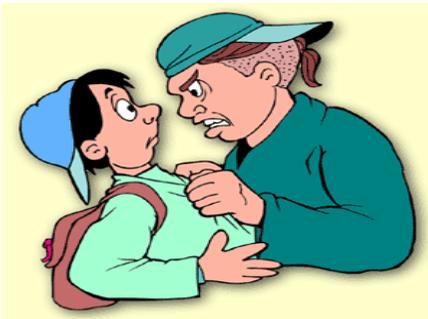
INTRODUCTION

At Annfield Plain Junior School, we believe that all pupils have the right to learn in a supportive, caring and safe environment without the fear of being bullied.

We do not tolerate bullying. Every person in our school and community is respected, whatever their ability, religion or ethnic background.

Anti-bullying strategies are in place and it is important for staff, pupils and parents to have strategies for dealing with bullying if it does occur.

This leaflet explains some of the ways that parents and pupils can help the school to identify, prevent and deal with bullying.



WHAT IS BULLYING?

Bullying is deliberate, hurtful behaviour repeated over a period of time. The hurt can be physical or psychological, inflicted by one child or a group.

It is important to make the distinction between bullying and friends falling out with each other. Falling out is an inevitable part of a student's life that they need to learn to cope with. Support in school is provided during PSHCE, worry boxes and daily check-ups; as well as ongoing work with all pupils in assemblies and interventions such as Getting Along, Talkabout and other support interventions.

Bullying is neither inevitable nor acceptable. Bullying can occur through several types of anti-social behaviour. It can be:

- **Physical** - this is physical e.g. punched, kicked, hit, spat at etc.

- **Verbal** - verbal abuse can take the form of name calling. It may be directed towards gender, ethnic origin, sexual orientation, physical /social disability, personality etc.

- **Cyber bullying** - a student can be bullied by others sending abusive text messages, photo shots or e-mails or by abusive comments being made within chat rooms, such as Facebook etc. It is important that cyber-bullying is reported to the site and the police.

- **Damage to property or theft** - students may have their property damaged or stolen. Physical threats may be used by the bully in order to make the student hand over property to them.



ADVICE AND GUIDANCE FOR PUPILS

- Tell an adult what is happening straight away.
- Stay calm.
- Tell them to stop.
- Get away from the situation as quickly as you can.
- Take control—ignore them and don't let them see you react.
- Remember that your silence is the bully's greatest weapon. TELL AN ADULT.

REMEMBER—TELL AN ADULT. Keep evidence such as text messages/emails. Do not reply to them.

When talking to an adult:

- Clearly explain what has happened to you.
- Explain how often it has happened, who is involved and where it happens.

Teachers and other adults in school will take you seriously and will deal with bullies, in a way which will end the bullying and will not make things worse for you.

DO YOU KNOW SOMEONE WHO IS BEING BULLIED ?

TAKE ACTION! Watching and doing nothing looks as if you are on the side of the bully. It makes the victim feel more unhappy and on their own.

Tell an adult IMMEDIATELY.

Do not be, or pretend to be, friends with the bully.