



Whaley Thorns  
Community Primary & Nursery School

## Anti-Bullying Advice

**STOP  
BULLYING**

**for Parents and Carers**



# Types of Bullying

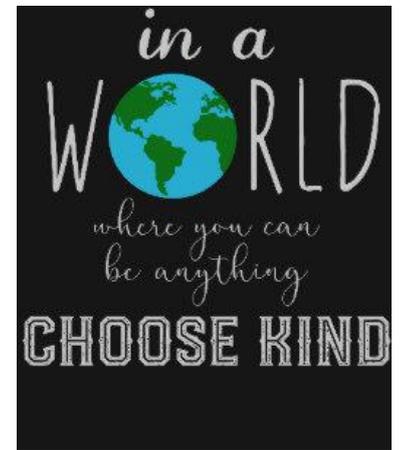
Bullying may take a variety of forms, including the following:

**Physical bullying:** hitting, kicking, pushing, stealing;

**Verbal bullying:** name calling, swearing, racist or homophobic remarks, threats, making fun;

**Psychological:** exclusion from a group, refusing to talk to or even acknowledge an individual, whispering or staring;

**Cyber bullying:** when a child is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child using the internet, interactive and digital technologies or mobile phones.



# What to do if you think your child is being bullied

The following are some types of behaviour, which could help to detect whether your child is being bullied;

- Starts having nightmares or interrupted sleep
- Becomes withdrawn and anxious
- School performance starts to suffer
- Feels ill at certain times of the week
- 'Loses' valuable possessions
- Has unexplained bruises or cuts
- Cries in secret
- Asks for extra pocket money, sweets etc.
- Is unwilling to go to school
- Refuses to say what is wrong
- Develops a sudden dislike of certain places or journeys
- Shows anxiety about transition times at school such as moving to other classes or the playground
- Becomes secretive with mobile phones, laptops, computers and other electronic devices
- sudden changes in behaviour



Before doing anything, make sure you get every side of the story, including the schools. Do not just go on word of mouth from other parents and children. Often messages get 'lost in translation' and stories get exaggerated or misheard. Ask yourself if the behaviour is actually 'bullying' or whether it is just unkind and inappropriate behaviour.

Do not keep your child away from school if you think they are being bullied, bring your child into school so we can support them and overcome the difficulties and allow us time to investigate the problem.

Do not try to sort it out yourself by going to see other parents or messaging other parents, especially in the 'heat of the moment'.

Avoid publishing it further on social media. If the bullying is genuine, it will only fuel it further and make things worse.

### **DO ADVISE YOUR CHILD TO:**

- Ask them to STOP if they can
- Use eye contact and tell them to go away
- Ignore them
- Walk away
- TELL SOMEONE
- Don't think it will sort itself out
- Remember it is not their fault
- Not to delete messages on social media or apps if the bullying is online so they have proof



### **DON'T ADVISE YOUR CHILD TO:**

- Do what the bully says
- Get angry or look upset
- Hit them or fight back
- Think it's their fault
- Hide it
- Delete messages and videos in the hope it will stop or respond to messages and videos



# Who should your child tell if they are being bullied or know someone that is?

- Mrs Lupton
- Miss Slack
- Class Teacher
- Teaching assistant
- Peer listener
- Any other adult in school
- Parents and carers or other family member
- A trustworthy friend

MOST IMPORTANTLY ...

**S**tart

**T**elling

**O**ther

**P**eople

## How does school address bullying?

A combination of strategies are used to reduce incidents of bullying including;

- Regular class discussions e.g. circle time to talk about playground behaviour or other friendship issues concerning the children
- Reminders of our school rules and what is acceptable behaviour
- Celebration of achievements in assemblies, where positive behaviours are recognised
- Teaching children not to tolerate bullying and know who to speak with if worried
- Helping children to develop positive strategies and to assert themselves
- PSHE curriculum and role play linked to bullying and friendship issues
- Peer Listeners trained by staff to support other children at playtimes
- Teaching children about keeping themselves safe when using the computer and other technologies (ESafety).

# If bullying does happen: What is the school's response?

- Staff informed of a bullying incident will report it to Mrs Lupton or Miss Slack. In most circumstances they will follow up an incident of bullying with pupils although sometimes it may be more appropriate for the class teacher to do so;
- Mrs Lupton or Miss Slack will keep a record of the incident and through discussion with children and involved members of staff, decide what action to take from there;
- If there is evidence that bullying is happening, action will be taken to ensure the victim is protected and supported and that the bully stops bullying;
- Age appropriate sanctions will be used to ensure that the bully understands that there are consequences to their actions e.g. withdrawing the child from the playground and talking to them about their behaviour and its impact;
- The parties involved and their parents/carers will be expected to meet with school to discuss the issue and thereafter will be kept informed about how the situation is being monitored and about the steps being taken to resolve it;
- Staff may need to draw on a range of external services to support the pupil who is experiencing bullying or to tackle any underlying issue which has contributed to a child engaging in bullying;
- Mrs Lupton is responsible for monitoring incidents of bullying and/or harassment and to report back to the Governing Body each term and incidents of bullying are also reported at staff meetings to ensure that all staff are aware of issues and are vigilant.
- In exceptional circumstances, where the bullying does not stop, despite every effort to resolve the situation, children may face a fixed term exclusion or a permanent exclusion (depending on the severity).

Difference doesn't matter.  
Understanding does.

