

The definition of bullying.

In this school we believe that bullying is deliberately unkind behaviour (which can include physical hurting, threatening behaviour and intimidation – including such means as anonymous notes and texts, leaving people out, putting people down, rumour-spreading and deliberately embarrassing and humiliating others). Not all unkind behaviour is bullying, however. The key characteristics that turn unkindness into bullying are:

- that it is repeated and goes on over time;
- that it is deliberate and not accidental;
- that it involves the person doing the bullying having some sort of power over the person experiencing the bullying (either because they are bigger, stronger, have more friends or have something the other person wants).

What to do to help your child

- When your child is feeling relaxed and open, make time to talk about friendships, social life, and what they like to do at playtime or lunchtime.
- Watch out for signs of changes in their attitude to school, frequent headaches or tummy aches, and unexpected and unusual anger or tears.
- Keep the channels of communication open but don't pressurise your child to tell you – let them take their time and use their own words.
- If your child tells you that they are unhappy because someone is unkind to them or bullying them, do listen carefully and make sure they understand that you care how they feel and take it seriously.
- Make sure that your child understands that there is nothing wrong with them and that you respect them for being brave enough to tell someone.
- Try not to suggest that your child becomes different from how they are, for example by being more assertive, or fighting back. They may feel that they are not good enough 'as they are' and this is not true. They need to know that it is the children doing the bullying who have to change their behaviour.
- Make an appointment to visit the school. We will take your concerns seriously, listen to what you have to say, support and help your child and act within our anti-bullying policy. When we have found out about what has happened, we will tell you what we have found out and what we have done to help your child.

If you would like further advice, the following organisations offer a range of support.

Anti-bullying Network

Information sheets for young people, parents and school staff as well as information and links to relevant organisations.

W: www.antibullying.net

Bullying at School

Information for children and young people, advice for sisters, brothers, friends and families, school resources, links and research section, from SCRE (Scottish Centre for Research in Education).

W: www.scre.ac.uk/bully

Bullying Online

Sections on advice for parents, pupils, teachers and youth workers, legal advice, school projects, problem page for children and young people, mobile phone bullying, racist bullying, safety in cyberspace, help for bullies, tips, links, sample letters, anti-bullying policies, outside-school issues, advice from a governor, guidelines from National Association of Head Teachers and DfES.

Tel: 020 7378 1446

W: www.bullying.co.uk

Childline

24-hour helpline for children and young people in the UK. Also teachers' packs, quizzes, stories, information sheets, policy and campaign information.

Tel: 0800 1111

W: www.childline.org.uk

Don't suffer in silence

DfES site on bullying with sections for pupils, teachers, parents and families; includes case studies, anti-bullying packs for schools, links to other sites.

W: www.dfes.gov.uk/bullying

Kidscape

Frequently asked questions on bullying for children and young people, information and training for parents and professionals, anti-bullying policies and related guidelines, peer support schemes, publications and links.

Tel: 0845 120 5204

W: www.kidscape.org.uk

Parentlineplus

Support for anyone parenting a child and for professionals, wide range of topics, training, information for children (7–11) and for young people (11–16), quiz, factsheets, leaflets, other publications, news.

W: www.parentlineplus.org.uk