

Ble gallai gael mwy o wybodaeth? / Where can I get additional support or information?

The following websites offer a lot of good advice for parents / carers:

www.beatbullying.org

www.bullying.co.uk

www.kidscape.org.uk

www.parentlineplus.org.uk

www.thinkyouknow.co.uk

www.wisekids.org.uk

As a school we:

- Take bullying seriously
- Teach our pupils to respect everyone
- Model good behaviour and expect excellent behaviour at ALL TIMES
- Take an interest in your child's social life
- WILL invite parents for a meeting with the Chair of governors if bad behaviour persists

Cyfeiriad/Address: YGG Gwaun Cae Gurwen, Heol Newydd, GCG,
SA18 1UN

Ffon/Phone: 01269 822238

ebost/email: ygggwauncaegurwen@npted.org

Trydar/Twitter: @ysgolgcg



Ysgol Gymraeg Gwaun Cae Gurwen

Anti-Bullying



Gwybodaeth i rieni / Information for Parents

Ysgol Gymraeg Gwaun Cae Gurwen believes that ALL pupils have the right to learn in a supportive, caring and safe environment, without the fear of being bullied. The responsibility for ensuring that these rights are protected lies with us and we don't allow bullying. Although you as parents are fundamentally just as important to ensure that your child shows self discipline and respect to every member in school.

Beth yw bwlio? / What is bullying?

Bullying occurs when a person is persistently and intentionally nasty to another person, with the victim unable to defend himself/herself. One off incidents of hurting, worrying or quarrelling between individuals who can defend themselves should not be considered as bullying.

Nid yw bwlio yn rhywbeth bach fel / Bullying is not the odd

occasion of:

- | | |
|----------------------------|----------------------------------|
| ⇒ falling out with friends | *arguments |
| ⇒ name calling | *jokes /tricks played on someone |

Ffurfiâu o fwlio / What forms can bullying take?

- ⇒ Emotional-e.g ignoring, leaving out, humiliating
- ⇒ Verbal-e.g humiliating, threats, name-calling
- ⇒ Physical-e.g hitting, kicking, pushing, spitting, biting etc
- ⇒ Racial-e.g unwanted taunts or comments based on race/culture or religion

- ⇒ Disability- unwanted taunts
- ⇒ Homophobic– unacceptable comments
- ⇒ Material - having possessions stolen
- ⇒ Cyber - misuse of social media / mobile phones

Sut gallaf helpu fy mhlentyn? / How can you help your child?

As a parent, you play a MAJOR part in safeguarding your child. If you believe that your child is being bullied, you should encourage him/her to speak openly with you and listen to what they have to say.

- Be aware of what is bullying and be aware of the signs and symptoms.
- Make sure that your child knows that they tell you anything that is concerning them.
- Find somewhere quiet to talk and remain calm.
- Discuss together and advise not to retaliate. Make sure that know who they can turn to in school.
- Explain clearly to them that you will help them bring the bullying to an end.
- Contact school to discuss and solve the matter.
- Remember always model good behaviour even as you speak with your child/ren.
- Never lose your temper or become angry, especially in front of your child.

Arwyddion o fwlio/Signs and Symptoms of bullying

Children may display signs or behaviour that suggests that they are being bullied. The following indications may be connected with incidents of bullying, although we should always remember that they could be a sign of other problems. Never the less, as adults we should always look in the possibility of bullying if the child is:

- Afraid to walk back and forth to school
- Asking to travel to school by car (if different)
- Reluctant to attend school
- Missing a lot of school
- Lacking in confidence
- Crying himself/herself to sleep
- Running away
- Constantly losing money
- Increasingly unreasonable, emotional or defensive
- Refusing to eat
- Afraid of accepting any kind of electronic message (text, email)
- Unable to explain a cut or bruise
- Bullying siblings or other children