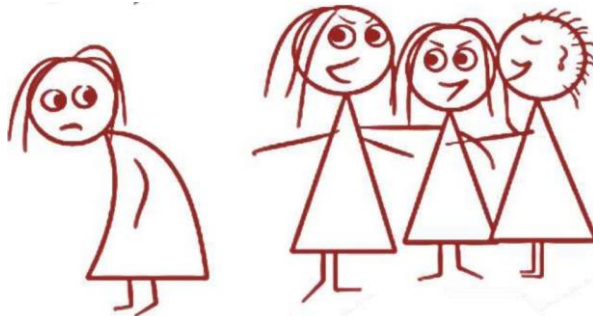


# Anti-Bullying

## A Leaflet for Parents



## **Bullying is neither inevitable nor acceptable.**

It is important to make the distinction between bullying and friends falling out with each other. Falling out is an inevitable part of a child's life that they need to learn to cope with. Bullying is a **persistent, repeated and deliberate** attempt to hurt or humiliate someone.

Bullying can occur through several types of behaviour:

- Physical – involving punching, hitting, kicking etc
- Verbal – taking the form of name calling and making unpleasant comments
- Cyberbullying – sending abusive texts or emails or by abusive comments being made on sites such as Facebook or within chat rooms such as MSN
- Damage to property or theft – physical threats may also be used by the bully in order that the pupil hands over property to them.

At Bowdon Preparatory School, we take bullying very seriously. We do not tolerate bullying in any form and teach all children that nobody deserves to be bullied.

We are a TELLING school; we encourage all members of our school community to report bullying.

We do not talk about 'bullies' or 'victims'. This is because words like these label people. We are talking about behaviour, not a fixed way a person *is*.

### **What to do if your child is being bullied**

- Help your child to talk to you
- Praise your child for telling you
- Help your child feel valued and important
- Make sure your child knows who to go to for help
- Tell your child you need to involve the school
- Collect any evidence eg who did what, when and what was said and done
- Keep any text messages, emails or website comments

### **What to do if your child is a witness to bullying**

- Help your child to tell you what is happening
- Remind your child that they are not 'grassing', they are helping stop a dangerous situation
- Talk to your child about what they can do to help a child who is being bullied:
  - Tell a teacher what is going on
  - Be friendly to the other child
  - Include the other child in games.

## What to do if you are told your child is bullying others

- Listen to their side of the story
- Try not to call them a 'bully' – it's a label that sticks
- Remind them that you love them – it's the behaviour that you do not like
- Talk to them about other people's feelings and how much their behaviour hurts, upsets and frightens the person they are bullying
- Talk to them about anything that is making them unhappy or angry

## **CYBERBULLYING – Bullying that occurs via mobile phone or the internet**

### **Key rules for your child**

- Think before you send a picture or message about yourself or any other person. It doesn't take long for it to be shared with every single person you know. What you think of as a joke might be really upsetting for the other person
- Never give out personal information when it can be shared with others. You may trust new friends but you do not know his or her friends
- Treat your password like your toothbrush – don't share it with anyone
- If you receive nasty messages, texts, comments etc, block the person sending them and always report it to an adult (your parent, teacher)
- Don't reply to a bullying message but do keep it – whether it's a picture, message or online posting

### **If your child is being cyberbullied**

- Make sure your child does not retaliate or reply to cyberbullying messages of any kind
- If you need to, you can help your child to change their contact details (email, online username, mobile phone number)
- Use the security tools on your family's computer, on websites or on your child's mobile phone
- Save evidence of offending emails, text messages or online conversations
- Report cyberbullying. You can report the incident to school, the website or service provider and, in serious cases, the police

### **Dealing with bullying**

It can take time to help those who are being bullied and those who are using bullying behaviour but we will always do our best to ensure that no child comes to school in fear of being bullied.

We have a clear anti-bullying policy and respond positively to all instances of bullying to ensure that they are dealt with satisfactorily.

If bullying is suspected we talk to all the children concerned. Help and support will be given as is appropriate to both the victim and the bully.

**When a child reports that they feel they are being bullied we will:**

- Offer them an opportunity to talk about their experience with an adult they know and are comfortable talking to
- Inform parents
- Offer continuing support if children feel they need it
- Assign them an anti-bullying mentor
- Continue to work with all children in order to eradicate prejudiced attitudes

For full details of how we deal with reported bullying, please see our anti-bullying policy, within our Positive Behaviour Policy.

If you or your child have any concerns or worries regarding bullying, please do not hesitate to speak to her teacher, Mrs Hughes or Mrs Gee.

### Useful Helplines and Websites

[www.bullying.co.uk](http://www.bullying.co.uk)

[www.antibullyingalliance.org](http://www.antibullyingalliance.org)

**Childline: [www.childline.org.uk](http://www.childline.org.uk) 0800 11 11**

Free confidential helpline for children and young people. Trained volunteers offer advice 24 hours a day, by phone and online.

**Parentline Plus: [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) 0808 800 2222**

National charity that works for and with parents . Call for immediate support and advice 24 hours a day, seven days a week.

**Kidscape: [www.kidscape.org.uk](http://www.kidscape.org.uk) 08451 205 204**

A telephone helpline for parents and carers of bullied children.

**CyberMentors: [www.cybermentors.org.uk](http://www.cybermentors.org.uk)**

Safe social networking site providing support for young people affected by bullying. Young people aged 11-25 are trained as CyberMentors so they can offer support and advice.

**The Child Exploitation and Online Protection Centre (CEOP): [www.thinkyouknow.co.uk](http://www.thinkyouknow.co.uk)**

Organisation dedicated to stopping sexual abuse of children – also provides help and advice on cyberbullying. Website for children and young people about staying safe online.

