



Anti-Bullying

Summary

Every school must have an anti-bullying policy that sets out how it supports incidents of bullying, and this should be made available to parents/carers. You should be able to find this on the school's website. If your child is being bullied, or is bullying, you should talk to staff at your child's school.

The DfE describe bullying as:

"Behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation

It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- cyberbullying - bullying via mobile phone or online (e.g. email, social networks and instant messenger)

Your school should have its own definition of bullying."

Bullying is often hidden but the emotional distress caused by any form of bullying can affect school work and may also lead to your child behaving differently. Symptoms of distress can be: a change in behaviour, being tearful and oversensitive, withdrawn or having unexplained tummy ache, or feeling ill at the thought of going to school. Children often think that it is their fault that they are bullied. It makes them feel weak and vulnerable and they believe no one can help.

How you can help if your child is being bullied?

Parents/carers play an important role in supporting schools with issues of bullying. Among the things you can do are:

- if you notice something is wrong ask your child what it is
- don't ignore it, contact the school immediately if you are worried, to discuss your concerns and the support that your school is able to offer
- watch out for signs that your child is being bullied, or bullying others



- be an example to your child on how to resolve difficult situations without using violence, aggression or shouting
- keep a diary of all events saying what happened, who you or your child reported the event to and what the response was
- if you feel it is appropriate, you may wish to contact the police and/or your local GP
- your experiences and views may be valuable in developing the anti-bullying policy and practice of the school – once the situation has been resolved, consider involvement in parent forums to support the school to prevent bullying in future.

Support from the school

Discuss with the school the strategies or support they may be able to offer, for example:

- Circle time – supporting listening, co-operation, negotiation & problem-solving
- Peer mediation - pupils trained to offer conflict resolution for other students
- Restorative Approaches – recognising and acknowledging harm that has been caused and working with all those affected in repairing the harm
- Provide a named teacher or mentor to support the child
- Make a referral to the school counsellor, school nurse or educational psychologist

If you're not satisfied

If, after talking with the teacher, you feel that your concerns have not been dealt with you could:

- ask for a copy of the school's Anti-Bullying Policy
- make an appointment to discuss the matter with the Headteacher,

or

- put your concerns in writing to the Headteacher and ask for a written response of how they propose to deal with the situation
- If a response is not received, resend the letter with a copy to the Chair of Governors at the school (Head of Academy Trust if your child's school is an Academy) to explain your concerns & say what you'd like to see happen.

For further information on how to make a complaint to the school you can view our factsheet entitled 'Complaints Guidance' which is available on our website: www.hwsendiass.co.uk or you can request a copy on Herefordshire: 01432 260955 or Worcestershire: 01905 768153.

If your child is involved in bullying:

Some children are involved in bullying other children. Often parents are not aware that their child is involved in bullying. Children may also not perceive their actions to be bullying and need support to realise the implications of their actions and how they may repair any harm. Talk to school staff to discuss your concerns, talk to your child to help them understand the implications of their actions and give them lots of praise and encouragement when they are co-operative or kind to other people.



What is cyberbullying?

Cyberbullying occurs when your child is being bullied via a mobile phone or on the internet. It is crucial that you talk with your children, and understand the ways in which they are using the internet and their mobile phone and to encourage them to be responsible for their activities.

The best way to address issues of cyberbullying is to prevent it happening in the first place:

- most software and services on the internet have in-built safety features
- check with your children's internet or mobile-phone provider to find out what protection they can offer and what support is available should bullying continue
- keep the computer in a family room at home
- ask your child's school to put on an information session for parents. The more you know about the online world, the better you can safeguard your children.

If your child is being cyberbullied:

Keep the evidence, e.g. copies of emails, texts or online conversations and report to:

- School - if the incident involves a pupil, or pupils, at your child's school
- Service Provider - most service providers have complaints and abuse policies
- Police - if cyberbullying is serious and a potential criminal offence has been committed, i.e. harassment, stalking, threats of harm or violence, evidence of sexual exploitation.

Further support can be found on the Child Exploitation and Online Protection (CEOP) website

www.ceop.gov.uk/parents

Useful Contacts

Childline

www.childline.org.uk

Tel: 0800 1111

Free helpline for children and young people in the UK

Children's Legal Centre (Coram)

www.childlawadvice.org.uk

Tel: 0300 330 5485

Free legal advice

Bullying UK

www.bullying.co.uk

Tel: 0808 800 2222



Information, Advice
and Support Service
**Herefordshire &
Worcestershire**

Anti-Bullying Alliance
<https://www.anti-bullyingalliance.org.uk/>

Department for Education
www.education.gov.uk
Tel: 0370 000 2288

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