

Anti-Bullying Guidelines for Parents



St. Barnabas
CofE Primary School

Every child has the right to come to school feeling safe, confident and ready to learn.

Positive behaviour, respect for others and resolving disagreements are all actively taught throughout school.

Specific lessons and focus weeks also teach pupils how to stay safe on-line (e-safety) and how to recognise and not be drawn into bullying (anti-bullying).

All schools are required to have an Anti-Bullying policy and have a duty to respond to bullying issues. Our policy can be viewed by visiting our school website:

<https://st-barnabas-primary.worcs.sch.uk/> (Important information/policies and guidelines)

What is Bullying?

St Barnabas CE Primary School's definition of bullying is:

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group - either physically or emotionally.

It is generally agreed that a single incident of verbal or physical aggression is not necessarily considered to be bullying – there needs to be evidence of persistent or deliberate victimisation over a period of time. However, children are encouraged to report all such incidents and repeated incidents will be taken into account.

It is never acceptable for children to deliberately hurt others.

What your child should do if they are being bullied:

If an incident of bullying occurs, **children should report the incident to an adult who they feel comfortable with and trust, either at home or school.** Bullying is upsetting and if not dealt with can lead to longer term mental health and wellbeing difficulties. At St. Barnabas CE Primary School we take bullying seriously.

If bullying occurs:

If a suspected incident of bullying occurs and is witnessed by, or reported to an adult:

- The adult listens to the child's concerns in a safe environment and records what they say.
- The child is reassured that they have done the right thing and that action will be taken to stop further incidents.
- Discussions are held with all children involved and with any adults who may have some knowledge of the situation.
- Confirmed or suspected incidents of bullying are reported to the Headteacher.
- All incidents of bullying will be recorded by school.
- Parents / carers of all pupils involved will be fully informed.

The role of parents and carers:

- Be confident that the school will take any reports of bullying seriously.
- Try not to panic- bullying can and will be stopped.
- Try to listen without interrupting or getting very emotional. Sometimes children do not report issues because they are worried that their parents will 'go mad'. Sometimes bullying is complex and can involve friends that they sometimes like playing with. Your child may also have said or done things that are unkind and they may worry that they will also be 'in trouble'.
- If you feel your child may be a target of bullying, inform school immediately.
- If you feel that your child may be bullying others, inform school immediately. Children who are bullying others also need help.
- Reassure your child that telling an adult is the right thing to do and that we must all work together to make bullying stop.
- Everyone within the community has a role to play.

Some Indicators that bullying may be taking place:

- change in behaviour e.g. uncharacteristic withdrawal, moodiness, tearfulness, secretiveness – reluctance to offer reasons for this
- items of clothing, property, schoolwork etc. damaged or lost
- deterioration in attainment
- reluctance to attend school or outside clubs that they have previously enjoyed
- money going missing at home / at school
- sleep problems / nightmares
- frequent injuries – bruises, cuts
- running away or absconding
- increased levels of anger or aggression
- headaches, stomach aches, reporting feeling unwell
- not playing with or contacting usual friends; seeming to be isolated
- wanting to change normal daily routines unexpectedly
- change in internet / mobile phone use may indicate on-line / text bullying

A few of these behaviours can also be a normal part of growing up and not related to bullying at all but there is usually a reason behind any changes in behaviour and bullying could be a consideration.

Inspire, Nurture and Achieve

Further information for parents, carers and children:

- <https://www.bullying.co.uk/advice-for-parents/>
- <https://www.youngminds.org.uk/parent/a-z-guide/bullying/>



This is an excellent website with a range of help for parents and carers around bullying and other mental health and wellbeing topics.

- <http://www.bbc.co.uk/cbbc/topics/anti-bullying-week>
BBC website 'Bullying' has links to other sources of help and information plus interactive sites for children.
- www.kidscape.org.uk/info/helpline - advice line for parents and children
- ChildLine 0800 11 11 www.childline.org.uk/
- National Child Protection Helpline (NSPCC) Free phone: 0800 800 500
A 24-hour helpline for anyone concerned about a child at risk of abuse (including bullying), including children themselves.

Mobile phone / Text Message/On-line Bullying

- Block the number! This can be hard when it is a friend or someone from the friendship group but advise your child not to reply to unkind or inappropriate messages, keep a screenshot and seek advice if it becomes ongoing.