

### Is your child bullying others?

Children sometimes bully others because they do not know that it is wrong or they are copying an older sibling or other children. They may be going through difficult times themselves or are scared and have low self-esteem.

### What will the school do?

- ◇ We will take your child's worries and concerns seriously and complete a written incident report.
- ◇ We will work alongside the pupil to make them feel safe. Your child will be involved in the process of deciding what action to take to help stop the bullying and will have the opportunity to talk about their feelings and be given support to deal with those feelings.
- ◇ Together, school, parents/carers and child will find solutions that work.
- ◇ Pupils who bully others will be punished in accordance with our anti-bullying policy (see Further Information) and staff will work with the pupil to discuss any issues the child may have and support them to change their bullying behavior.

## WHAT ARE WE DOING FOR ANTI BULLYING WEEK?

It is Anti-Bullying week and we will be providing many different activities to help children learn about bullying and being safe online. These activities will include whole school assemblies, circle times, interactive activities online, art and drama.

### Further Information

Here is a list of useful websites if you require any further information.

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

Think U Know: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) (advice on being safe online)

**Anti-bullying alliance:**  
[anti-bullyingalliance.org.uk](http://anti-bullyingalliance.org.uk) (general anti bullying advice)

Kidsmart: [www.kidsmart.org.uk](http://www.kidsmart.org.uk)  
(cyber bullying and e-safety)

**Kidscape:** [www.kidscape.org.uk](http://www.kidscape.org.uk)  
(general information about bullying)

Our Anti-Bullying policy can be found on our website:

[www.st-roberts.northumberland.sch.uk](http://www.st-roberts.northumberland.sch.uk)



# St. Robert's RC First School

## Anti Bullying Leaflet for Parents



The Catholic belief is that all people are created in the image and likeness of God and as such, should all be treated justly.

“The dignity of the human person is rooted in his or her creation in the image and likeness of God.”

Catechism of the Catholic Church

# ANTI BULLYING

At St. Robert's school we are committed to providing a safe, secure and positive environment without the fear of being bullied.

Bullying of any kind is unacceptable in our school.

Bullying makes children unhappy, lowers self esteem and hinders their learning.

## What is Bullying?

It is important to make the distinction between bullying and friends falling out with each other.

Bullying is "behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group, either physically or emotionally."

(Department of Education, 2012)

## Types of Bullying

Bullying usually takes the following forms:

- ◇ Physical—hitting, kicking, taking belongings
- ◇ Verbal—name calling, insulting, making offensive remarks
- ◇ Indirect bullying—spreading nasty stories, exclusion from social groups, sending abusive email or texts messages and abuse through social networking sites.

## Worried your child is being bullied?

Bullying is a serious problem and can be upsetting for both you and your child. Children may find it hard to talk about it so it is important that parents and carers recognise the signs or changes that may suggest that there is a problem:

- ◇ Excuses to stay off school
- ◇ An unexplained change to your child's behaviour
- ◇ A change to eating habits
- ◇ Your child feeling anxious or insecure
- ◇ Bed wetting
- ◇ Torn clothes, bruises, missing belongings

There could be other reasons for these symptoms, however. Is there anything else that could be bothering your child? Have there been changes in your family like a new baby, moving home, a death or divorce?

## ADVICE FOR PARENTS

### If your child has been bullied:

- ✓ Don't panic! Try to keep an open mind. Listen to your child. Consider if what your child is describing is bullying (see description).
- ✓ Reassure them that coming to you was the right thing to do.
- ✓ Assure them that the bullying is not their fault and that you are there to support them.
- ✓ Make a note of what your child says, including how often and where it happened and who was involved.
- ✓ Inform the school - your child's teacher or Mrs Cunningham.