

Every school is likely to have some problem with bullying at one time or another. Your child's school by law must have an anti-bullying policy (published on our website) and use it to reduce and prevent bullying, as many schools have already successfully done.

Bullying behaviour includes;-

- Name calling and nasty teasing
- Threats and extortion (e.g. through texts and emails, taking money)
- Physical violence
- Damage to belongings
- Leaving pupils out of school activities deliberately and frequently
- Spreading malicious rumours

Parents and families have an important part to play in helping schools deal with bullying.

First, discourage your child from bullying behaviour at home or elsewhere, including online. Show how to resolve difficult situations without using violence or aggression.

Second, ask to see the school's anti-bullying policy. Each school must have an anti-bullying policy which sets out how it deals with incidents of bullying. You have a right to know about this policy which is as much for parents as for staff and pupils.

Third, watch out for signs that your child is being bullied, or is bullying others. Parents and families are often the first to detect symptoms or bullying, though sometimes school nurses or other professionals may suspect that a child has been bullied. Common symptoms include headaches, stomach aches, anxiety and irritability. It can be helpful to ask questions about progress and friends at school; how playtimes and lunchtimes are spent; and whether your child is facing problems or difficulties at school. Don't dismiss negative signs. Contact the school immediately if you are worried.

If your child has been bullied:

- Calmly talk to your child about it

- Make a note of what your child says – particularly who was said to be involved; how often the bullying has occurred; where it happened and what has happened
- Reassure your child that telling you about the bullying was the right thing to do
- Explain that any further incidences should be reported to a teacher immediately
- Make an appointment to see your child's class teacher
- Explain to the teacher the problems your child is experiencing

Talking to teachers about bullying

- Try and stay calm – bear in mind that the teacher may have no idea that your child is being bullied or may have heard conflicting accounts of an incident
- Be as specific as possible about what your child says has happened –give dates, places and names of other children involved
- Make a note of what action the school intends to take
- Ask if there is anything you can do to help your child or the school
- Stay in touch with the school – let them know if things improve as well as if problems continue

If you think your concerns are not being addressed:

- Check the school ant-bullying policy to see if agreed procedures are being followed
- Discuss your concerns with the parent governor or other parents
- Make an appointment to meet the head teacher, keeping a record of the meeting
- If this does not help, write to the Chair of Governors explaining your concerns and what you would like to see happen
- Contact local or national parent support groups for advice (contact list at end)

If your child is bullying other children:

Many children may be involved in bullying other pupils at some time or other. Often parents are not aware. Children sometimes bully other because:

- They don't know it is wrong

- They are copying older brothers or sisters or other people in the family they admire
- They haven't learnt other, better ways of mixing with their school friends
- Their friends encourage them to bully
- They are going through a difficult time and acting out aggressive feelings

To stop you child bullying others:

- Talk to your child, explaining that bullying is unacceptable and makes others unhappy
- Discourage other members of your family from bullying behaviour or from using aggression or force to get what they want
- Show your child how to join in with other children without bullying
- Make an appointment to see your child's class teacher; explain to the teacher the problems your child is experiencing; discuss with the teacher how you and the school can stop them bullying others
- Regularly check with your child how things are going at school
- Give your child lots of praise and encouragement when they are co-operative or kind to other people

Resources for parents and families about bullying:



Listening, supportive and non-judgemental advice and support whenever you need it. Helpline : 0808 8002222

Uffculme Primary School is committed to provide our pupils with the knowledge to stay safe online. The following sites may also help you, as parents, to reinforce this knowledge at home.



The government's online safety advice. Provides information and videos for children and parents. Reports of inappropriate online behaviour can be made through this site. There is a link directly on our website this this resource.



www.thinkuknow.co.uk

Provides information for children and parents.



<http://www.childnet.com/young-people/primary>

Online resources promoting e-safety (for children and adults).



<http://www.saferinternet.org.uk/>

E-safety tips, advice and resources to help children and young people stay safe on the internet.



<http://www.pegi.info/>

Information on the age restrictions applied to entertainment content.