



# Anti-Bullying Digest

## A Leaflet for Parents

### What is bullying?

Bullying is the pre-meditated dominance of one person over another. It is a pattern of deliberately hurtful behaviour, physical, psychological or indirect, rather than an isolated incident.

Bullying can take many forms;

- Verbal: this includes name-calling or threatening language
- Psychological: exclusion from a group, refusing to talk to or even acknowledge an individual, whispering or staring
- Physical: hitting, kicking, grabbing an individual; taking or hiding another's property etc
- Cyber bullying: when a child is tormented, threatened, harassed, humiliated, embarrassed or otherwise targeted by another child using the internet, interactive and digital technologies or mobile phones

### How does bullying make someone feel?

- Being bullied is horrible and can make someone feel sad, upset, scared, isolated and alone
- Victims of bullying often feel ashamed that they have been picked on and may feel that getting help will only make the bullying worse

**Bullying is totally unacceptable and will not be tolerated at Gillespie.  
The school will respond quickly where bullying is reported.**

### How does school address bullying?

A combination of strategies are used to reduce incidents of bullying including;

- Regular class discussions e.g. circle time to talk about playground behaviour or other friendship issues concerning the children
- Reminders of our school rules and what is acceptable behaviour
- Celebration of achievements in assemblies, where positive behaviours are recognised
- Teaching children not to tolerate bullying and know who to speak with if worried
- Helping children to develop positive strategies and to assert themselves
- Personal, Social, Health, Economic (PSHE) curriculum and role play linked to bullying and friendship issues
- Playground buddies trained by staff to support other children at playtimes
- Teaching children about keeping themselves safe when using the computer and other technologies (E-Safety)
- Teaching children to follow the Anti Bullying Code below



#### THE ANTI BULLYING CODE

##### ***If you see someone being bullied;***

- DO let an adult know
- DO try and be a friend to the person being bullied
- DON'T rush over and take the bully on
- DON'T join in

##### ***If you are being bullied;***

- DO tell an adult in the school
- DO tell your family
- DO keep telling people until you feel safe
- DO take a friend with you to report bullying if you want to.
- DON'T blame yourself for what is happening

### **If bullying does happen: What is the school's response?**

- Staff informed of a bullying incident will report it to the Head or Deputy Head teacher
- In most circumstances the Head or Deputy will follow up an incident of bullying with pupils although sometimes it may be more appropriate for the class teacher to do so
- The Head or Deputy will keep a record of the incident and through discussion with children and involved members of staff, decide what action to take from there
- Action will be taken to ensure the victim is protected and supported and that the bully stops bullying
- Age appropriate sanctions will be used to ensure that the bully understands that there are consequences to their actions e.g. withdrawing the child from the playground and talking to them about their behaviour and its impact
- Repeat offenders will be put on report where behaviour is even more closely monitored throughout the day
- The parties involved and their parents/carers will be expected to meet with school to discuss the issue and thereafter will be kept informed about how the situation is being monitored and about the steps being taken to resolve it
- The Head or deputy may need to draw on arrange of external services to support the pupil who is experiencing bullying or to tackle any underlying issue which has contributed to a child engaging in bullying
- The Head teacher is responsible for monitoring incidents of bullying and/or harassment and to report back to the Governing Body each term
- Incidents of bullying are also reported at staff meetings to ensure that all staff are aware of issues and are vigilant

### **How do I know if my child may be being bullied?**

In some cases a parent/carer will notice the change in the child's behaviour, at other times it may be a teacher or TA who first recognises symptoms. Whoever it is, they should always ensure the matter is investigated further. The following are some types of behaviour, which could help to detect whether a child is being bullied.

- Starts having nightmares or interrupted sleep
- Becomes withdrawn and anxious
- School performance starts to suffer
- Feels ill at certain times of the week
- 'Loses' valuable possessions
- Has unexplained bruises or cuts
- Cries in secret
- Asks for extra pocket money, sweets etc.
- Is unwilling to go to school
- Refuses to say what is wrong
- Develops a sudden dislike of certain places or journeys
- Shows anxiety about transition times at school such as moving to other classes or the playground.

### **What should I do if I believe my child is being bullied?**

- Do not keep your child away from school if you think they are being bullied
- Bring your child into school so we can support your child and overcome the difficulties.
- Never confront other children or their parents/carers as this only makes the situation worse and can be very distressing for all the children involved.
- If you think your child is being bullied, inform the school immediately and ask for an appointment with a member of staff.
- If you are not happy with the outcome, make an appointment with the Head. Please allow the school time to investigate the problem. But if you are still dissatisfied, implement the complaints procedure. The school office will tell you how to do that.

