



Working in partnership with children and parents

Dealing with Bullying

INFORMATION FOR STUDENTS

Dear Student,

Our school believes that bullying is unacceptable.

We believe that you have the right to learn, to be successful, and to be happy in school. No-one has the right to make you unhappy or to stop you from learning. We **all** have a responsibility in trying to keep the school safe from all aspects of bullying.

Bullying is any kind of **repeated** behaviour which hurts you, upsets you or makes you feel frightened. It can include:

- violence or threats
- teasing or name-calling
- saying or writing hurtful things about you
- taking, hiding or damaging your belongings
- leaving you out or ignoring you
- pushing in and making you move out of the way
- cyber-bullying (bullying through the internet or by mobile phone)
- any action which causes you pain, distress or fear.

What should you do if you are being bullied?

Tell someone!

This is the hardest bit of all but the most important. Tell a friend, a teacher, another adult, your parents or a family member. This is the only way to stop it. Your fear is the bully's main weapon. Most people think that, if they tell someone, it will get worse. It gets worse if you do nothing. If you do not feel able to talk to a member of staff on your own, ask a friend to go with you or leave a note with a teacher or at the school counsellor's office.

The school will always take it seriously and help you deal with the problem. If the situation does not get better straight away, we will support you until it does.

What to do if you know someone else is being bullied:

- tell a member of staff (they will not use your name)
- if you can, tell the bully to stop
- if you do nothing, this allows the bully/bullies to continue.

You can help to prevent bullying in our school, by ensuring that:

- you don't get involved in bullying as part of a group, even if you are only watching
- you don't allow someone to be left out of the group
- you don't laugh at hurtful comments made by others
- you do try to help and support others when they need it.

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INFORMATION FOR PARENTS

Dear Parents,

We believe that all students have the right to learn, to be successful and to be happy in school, ensuring that all members of the school community are treated with respect. Bullying is unacceptable in our school. No-one has the right to make a child unhappy or to stop him/her from learning. We will do all we can to prevent bullying of any kind but, if it does happen, we will take immediate and effective action. We all have a responsibility in trying to keep this school safe from bullying.

Bullying is any kind of **repeated** behaviour which hurts, upsets or frightens.

Bullying can take many forms. For example:

- teasing or name-calling
- physical violence
- telling lies or saying malicious things about other people
- taking, hiding or damaging the belongings of others
- ignoring or excluding someone
- pushing someone out of the way or dominating spaces
- cyber-bullying (bullying through the internet or by mobile phone)
- any action which causes other people pain, distress or fear.

Some possible signs of bullying:

- children might not want to go to school
- they may arrive home hungry and ask for extra money for the cafeteria
- their possessions may be lost or damaged
- they may be unhappy but refuse to talk about it
- they may have unexplained cuts or bruises
- exhibits unusual behaviour.

If you think your child is being bullied:

- encourage him/her to talk calmly about it
- reassure your child that he/she will be safe and that talking about the bullying is the only way to stop it
- take note of what your child says and write down what happened, when it happened, and who was involved or witnessed the behaviour
- contact the school and speak to the Heads of Year
- find out what the school intends to do and keep in touch until the problem is resolved.

We will always take bullying issues seriously, working with you and your child to put things right.