

# Working Together to Prevent Bullying



Thank you to all of our parents who filled in our recent questionnaire about bullying. We had **25** responses to the questionnaire. It has been very useful to help us identify any areas for us to improve. The question - 'Do you know what to do if your child is being bullied?' did have 2 responses which said no. It is extremely important that all of our parents know what to do in this situation so I have created this document to help improve this. If you ever have any concerns regarding bullying, please do not hesitate to get in touch with us so we can help. At Holy Family Catholic Primary School, we are committed to ensuring that pupils learn in a supportive, caring and safe environment, without the fear of being bullied. Bullying of any kind is unacceptable in our school. However, we recognise that sadly bullying may happen from time to time and the fact that it is not always reported does not mean it is not happening. Bullying makes children's lives unhappy and can affect learning. Bullying is a serious problem and can be upsetting for both you and your child. Children may find it hard to talk about being bullied or bullying others.

## What is Bullying?

It is important to make the distinction between bullying and children falling out with each other. Falling out with people is an inevitable part of growing up that happens and we will help children with strategies so that they can learn to manage this with the support of our staff.

If someone says or does something that is unintentionally or intentionally hurtful, and they only do it once, they are being rude, mean or unkind.

If someone says or does something that is unintentionally or intentionally hurtful, and they keep on doing it, even if you have asked them to stop, that is bullying.



## Types of Bullying

Bullying can take many forms, but it usually includes the following types of behaviour:

- ☛ Physical – hitting, kicking, pinching, punching, scratching, spitting and taking belongings.
- ☛ Verbal – name calling, insulting, making offensive remarks.
- ☛ Indirect – spreading nasty stories about someone, exclusion from social groups, being made the subject of malicious rumours.
- ☛ Cyber bullying – sending abusive mail, email and text 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 being bullied or bullying others. You may not be sure your child is being bullied, but there are some signs that may suggest that there is a problem:

- Excuses to stay off school, such as stomach complaints or headaches
- An unexplained change to your child's behaviour
- A change to eating habits
- Your child feeling unusually anxious
- Bed wetting
- Torn clothes, bruises, missing belongings

There could be other reasons for these symptoms, so don't jump to conclusions. Is there anything else that could be bothering your child? Have there been changes in your family like a new baby, a bereavement or divorce? If you have any concerns, report them to our school so we can help look into this.

## What will the school's response be?

- Take your child's concerns seriously and investigate the incident(s), talking with all the children involved.
- If bullying has occurred, the person who has behaved in a bullying manner will receive a consequence in line with our policy and will be asked to apologise.
- The targets of bullying will continue to receive support from identified members of staff.
- Adult mediation may be used between the child being bullied and the child doing the bullying to discuss what has happened and how it has made the children feel.
- The target of the bullying will be assured that they should immediately report any future incidents and know that they will be listened to. We encourage our parents to do this on their child's behalf if they think that their child is not reporting it.
- We will ensure extra supervision and monitoring of the children's behaviour over the following few weeks to check that all is well.
- We will inform parents of the outcome of the investigation and keep in touch, until it is felt there is no longer any risk of bullying.
- If there are repeated or serious incidents, parents will be informed and invited to meet with the Headteacher.

## What can your child do if they are being bullied?

We take bullying seriously in our school so we ensure that our children are taught what to do if they feel like they are being bullied. Each September, during our first week back in school, children have lessons on what to do if they are being bullied. Following this, throughout the year, our children are taught HRHE (Human Relationships and Health Education) each week which gives regular reminders on what bullying is and what to do if you are being bullied. We also use Pol-Ed lessons to enrich our curriculum and these lessons also discuss the theme of bullying.

We teach the children:

- To be firm and clear - look them in the eye and tell them 'Stop – I do not like what you are doing.'
- To get away from the situation as quickly as possible and get adult help.
- To screenshot any bullying online and show an adult immediately. Don't respond. Block the perpetrator(s) from your social media.
- To tell a trusted adult what has happened straight away, whether that be a parent, family member or any member of staff at school.
- To try to stay with a group or seek out other friends.
- To know it is not their fault if they are being bullied,
- To keep speaking up if the bullying continues.

Parents should not instruct children to 'give as good as they get' or hit back. This simply leads to further problems. We help children to be assertive rather than aggressive.

## Advice for Parents and Carers

- Make sure your child is not afraid to ask for help.
- Calmly talk to your child about their experiences. Consider whether what your child is describing is bullying.
- Make a note of what your child says – it is important to record as much detail as possible straight after the incident as it is easy to get confused, upset or forget the sequence of events. Young children in particular will find it difficult to remember the detail of an incident after quite a short time.
- Reassure your child that you will be working with the staff at the school to ensure that the bullying stops without making the situation worse for them.
- Inform the school – via your child's class teacher in the first instance (in person, via phone call or email) and if incidents continue, speak to either myself or Mrs Kaighan. It is vital that school is informed of bullying so that we can help to stop it from happening. If at any time you feel that the bullying is not being taken seriously, please ask to speak to either myself or Mrs Kaighan.
- Advise your child not to fight back as it can often make matters worse.

Useful websites:

[Anti Bullying Alliance](#)  
[Kidscape](#)

Working together, with you as parents and with our children, our aim is to prevent bullying and ensure all of our children feel safe, valued and happy so they can achieve their full potential, know that they belong in our school and thrive.

Thank you for all of your support.

Mrs R Porter

Head Teacher