

For more information on Anti-Bullying at Huncoat Primary School please see our full Policy which is available on our website.

Helplines and websites:

www.bullying.co.uk

Childline: www.childline.org.uk 0800 11 11

Free, confidential helpline for children and young people.

Trained volunteers offer advice 24 hours a day, by phone and online.

Parentline Plus www.parentlineplus.org.uk

Call 0808 800 2222 National charity that works for and with parents. For immediate support and advice for parents, 24 hours a day, 7 days a week.

Kidscape: www.kidscape.org.uk 08451 205 204

A telephone helpline for parents and carers of bullied children.

CyberMentors: www.cybermentors.org.uk

Safe social networking site providing support for young people affected by bullying. Young people aged 11-25 are trained as CyberMentors so they can offer support and advice.

The Child Exploitation and Online Protection Centre (CEOP) www.thinkuknow.co.uk

Organisation dedicated to stopping sexual abuse of children – also provides help and advice on cyberbullying website for children and young people about staying safe online

Cyber-bullying/ Text-bullying

Bullying can also occur through your child's mobile phone and via the Internet.

It is crucial to monitor your child's use of chatrooms or instant messaging systems.

If your child is being cyberbullied:

- Make sure your child does not retaliate or reply to cyberbullying messages of any kind.
- If you need to, you can help your child to change their contact details (email, online username, mobile phone number).
- Use the security tools on your family's computer, on websites or on your child's mobile phone.
- Save evidence of offending emails, text messages or online conversations.

Report cyberbullying.

You can report the incident to school, the website or service provider, and, in serious cases, the police.

Huncoat Primary School



Achieving Together

Parent/Carer

Anti-Bullying Guide



What is bullying?

Bullying is not a one-off incident of name calling, arguing or fighting.

Bullying is conscious, deliberate and calculated and is usually repeated over a period of time.

It involves an imbalance of power and can lead to feelings of fear, worthlessness and depression and can have lasting effects.

To tackle bullying, parents and schools need to work in close partnership

Different types of bullying

Bullying may take a variety of forms, including the following:

Physical bullying - hitting, kicking, pushing, stealing.

Verbal bullying - name calling, swearing, racist or homophobic remarks, threats.

Emotional/psychological bullying - leaving someone out, spreading rumours.

Cyber bullying – threats or insults through mobile phones or via the internet.

Why do children bully?

Children bully for many reasons, including...

- ⇒ They may be unhappy or going through a difficult time
- ⇒ To make themselves more popular
- ⇒ To gain a sense of power or control
- ⇒ Pressure from friends

Bullies must not be allowed to continue behaving in this way, but they also need help to change.

How might I know if my child is being bullied?

If you think your child may be being bullied, these are some possible signs to watch out for. Your child may.....

- ⇒ Be frightened to walk to or from school
- ⇒ Not want to go to school
- ⇒ Become withdrawn
- ⇒ Change their usual behaviour
- ⇒ Cry themselves to sleep
- ⇒ Begin to do poorly in schoolwork
- ⇒ Come home regularly physically hurt or with damaged clothes

How can I support my child if he/she is being bullied?

- ⇒ Reassure your child that they have done the right thing in telling.
- ⇒ Talk calmly with your child and listen to what they say.
- ⇒ Explain to your child that they must report any further incidents.
- ⇒ Make an appointment straight away to see your child's teacher—do not approach the bully or their parents

How can I support my child if he/she is bullying others?

- ⇒ Listen to your child's explanation.
- ⇒ Explain why their behaviour is unacceptable.
- ⇒ Praise and encourage positive behaviour.
- ⇒ Talk regularly to your child's teacher about their behaviour.