

At the meeting

- ✓ Take written details of the incident
- ✓ Ask for notes to be taken so that there is a record of what is discussed and agreed
- ✓ Ask for a personal, named contact at school for both your child and yourself
- ✓ Agree a plan of action and arrange a time for a follow up meeting
- ✓ Decide if it is best for your child to attend
- ✓ If it is a serious incident it may be referred to another agency such as the police

After the meeting

- ✓ Give the head teacher time to deal with the situation
- ✓ Keep in touch with the school (especially if the incidents continue)
- ✓ Keep your child fully informed of what is - they will feel safer and happier knowing that adults are working together to support them

What if the bullying continues?

In most cases school will respond sensitively to incidents of bullying and work with you to successfully resolve the situation. However, if the problems persist and you would like the school to do more than they are doing you can write to the Chair of Governors and raise the issue formally.

Contacts for further help and advice

Anti-Bullying Alliance

www.anti-bullyingalliance.org

Information, support and advice from an alliance of the leading anti-bullying organisations and voluntary groups in England.

Childline

0800 1111 - www.childline.org.uk

24 hour freephone for children and young people

Family Lives

0808 800 2222 - www.familylives.org.uk

Confidential parent and family support and guidance

Local information and guidance

Leicester City Council

www.leicester.gov.uk/antibullying

Information, support and guidance for parents or carers, professionals and children and young people.

Leicestershire County Council

www.beyondbullying.com

The website of Leicestershire County Council's anti-bullying team.

Leicester LGBT centre

0116 254 7412 - www.leicesterlgbtcentre.org

Information and support on LGBT issues for young people in Leicestershire



Bullying

Advice for parents and carers

Supporting your child to be safe and happy

What is bullying?

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.

It is important to know that anyone can be the target of bullying. Very often bullying takes place because of a difference or a 'perceived' difference. This can be for lots of reasons such as: home circumstances, age, disability, gender, race, religion or belief and sexual orientation.

Bullying can be:

- ✗ **Physical Bullying** - kicking, hitting, taking things, sexual assault
- ✗ **Verbal Bullying** - name calling, shouts of abuse or insults, using threatening language
- ✗ **Indirect Bullying** - spreading rumours, being excluded from groups, intimidation, writing messages
- ✗ **Cyber-Bullying** - nasty text messages, emails, phone calls and through wider use of technology

Bullying is not when two people have a disagreement or fall out over something, it is usually

Several
Times
On
Purpose



Start
Telling
Other
People

What are the signs of bullying?

Look for changes in your child:

- ✗ Avoiding school
- ✗ Appearing frightened of the journey to or from school
- ✗ Deterioration in their work
- ✗ Becoming anxious, moody, withdrawn, quiet
- ✗ Seeming unhappy but refuse to say why
- ✗ Complaining of headaches, stomach ache or other illnesses
- ✗ Having nightmares or sleeping difficulties
- ✗ Arriving home hungry
- ✗ Asking for extra money

You may notice them coming home with:

- ✗ Torn clothes
- ✗ Missing or damaged possessions
- ✗ Unexplained cuts or bruises

Bullying doesn't just happen in school. It could happen anywhere at any time.

How can you help?

- ✗ Reassure your child that it is not their fault
- ✗ Talk calmly about what is happening without involving your own emotions
- ✗ Listen and take what is said seriously
- ✗ Makes notes of what has happened (who, what, when, where)
- ✗ Keep your child involved - it is important that they know what is happening and have a say.
- ✗ Encourage your child to report incidents to a teacher
- ✗ Talk to the school

In Leicester city, you can use the Text Someone service to report a bullying incident anonymously to any city school by sending a text or completing an online form. Visit www.leicester.gov.uk/antibullying for more information.



Talking to school or college

Schools must have an anti-bullying policy that addresses all forms of bullying. It will make clear the measures that can be taken to respond effectively to bullying incidents whether inside or outside school.

Schools have the power to impose a range of sanctions against pupils who are involved in bullying incidents outside school. The policy must include measures to be taken with a view to *"encouraging good behaviour and respect for others on the part of pupils and, in particular, in preventing all forms of bullying among pupils"*.

Schools have a duty to work with other agencies to safeguard and promote the well being of pupils.

You should:

- ✗ Tell the school about the incident
- ✗ Arrange a meeting with school staff
- ✗ Explain why you want the appointment so that they can investigate before the meeting
- ✗ Give as much detail of the incident as you can – time, location, what happened, names of those involved including 'witnesses'

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 just a short period of time.