



Trewirgie Infants' & Nursery School

## Say No to Bullying Information for Parents

### What bullying is and isn't

1. Bullying goes on for a while or happens regularly.
2. Bullying is deliberate. The other person wants to hurt, humiliate or harm the target.
3. Bullying involves someone (or several people) who are stronger in some way than the person being bullied. The person doing the bullying has more power; e.g. they are older or stronger or there are more of them or they know a secret about them.

Because these three things have to happen together for something to be called 'bullying' these things are not bullying.

- A one off fight or argument
- A friend who is sometimes nasty
- Being in the wrong place when another child has a tantrum.

### Bullying in school can include:

- verbal harassment - face to face, by phone, text or over the internet
- hitting, hair-pulling and kicking
- teasing and name-calling
- spreading rumours
- damaging possessions
- frightening and intimidation
- exclusion at playtime or from social events and networks

## **What does our school do to educate children about bullying?**

- We help children to understand how bullying feels for the person being bullied.
- We make sure that all children know exactly what to do if they feel that they are being bullied, and feel confident that something will be done to stop it.
- We help children enjoy, celebrate and respect the ways we are all different and help them to feel good about themselves.



## **How can I tell if my child is being bullied?**

Your child may not tell you that he or she is being bullied. However, you may notice some changes in his or her behaviour, including:

- unwillingness to go to school
- feeling unwell, often with a headache
- irritability
- anxiety
- aggression towards you or others in your family
- bedwetting
- waking in the night
- missing or damaged belongings

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

If you suspect your child is being bullied, don't ignore it.

- If your child tells you that they are being bullied, KEEP CALM. Getting angry and threatening to visit the school or the parents of the other child will terrify your child further.
- Praise your child for telling you and reassure them that they have done the right thing in letting you know what is happening.
- Remind your child how they can manage their feelings e.g. talking, relaxing, exercising, distracting themselves.
- Use your best listening skills. Encourage them to talk about their worries and don't belittle what they are going through – however minor it may seem to you.
- Don't tell your child to fight back, they may end up feeling twice as bad. They might get into trouble, they might get laughed at or they might get hurt and then they will feel a double failure – not only are they bullied, but they have failed to stop it as well.
- Help your child to think about what they would like to happen, and ask how you can help.

Make an appointment to see your child's class teacher as soon as possible. Useful tips for the meeting:

- Decide what you want to say and what you'd like to achieve from the meeting before you go.
- Try to stay calm even though you may feel angry and emotional.
- Don't blame the teacher - he or she may be unaware of the bullying.
- Give specific examples of how your child is being bullied.
- Ask what the school's anti-bullying policy is.
- Discuss what action the teacher will take.
- Arrange to meet again within two weeks to discuss progress.

If you're unhappy with the way your child's teacher deals with the situation - either at the meeting or after the school has taken action - make an appointment to see the head teacher and go through the same process described above.

Seek outside help from a specialist adviser if the bullying continues after you've spoken to the head teacher. Information on this is available from the following websites:

- [www.bullying.co.uk](http://www.bullying.co.uk)
- [www.kidscape.org.uk](http://www.kidscape.org.uk)
- [www.besomeonetotell.org.uk](http://www.besomeonetotell.org.uk)
- [www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

## **What should I do if my child is a bully?**

If you suspect your child is bullying another child or other children, don't ignore it.

A child who is bullying others often has problems of his or her own. Try to understand what may be causing this behaviour and think about what is going on in your own home. Bullying can be subtle, so watch your child's behaviour closely.

Consider the following:

- Is your child going through a difficult time?
- Does your child feel overlooked or overshadowed?
- Could your child be copying someone else's behaviour - maybe an adult or older sibling at home?
- Do other members of your family use aggression or force to get what they want?
- Are you allowing your child to use aggression or force to get what they want from other people?

Make sure your child understands that bullying is unacceptable. Encourage your child to be friendly, understanding and kind to others. Try to bolster friendships by inviting other children over to your home but watch out for any signs of bullying.