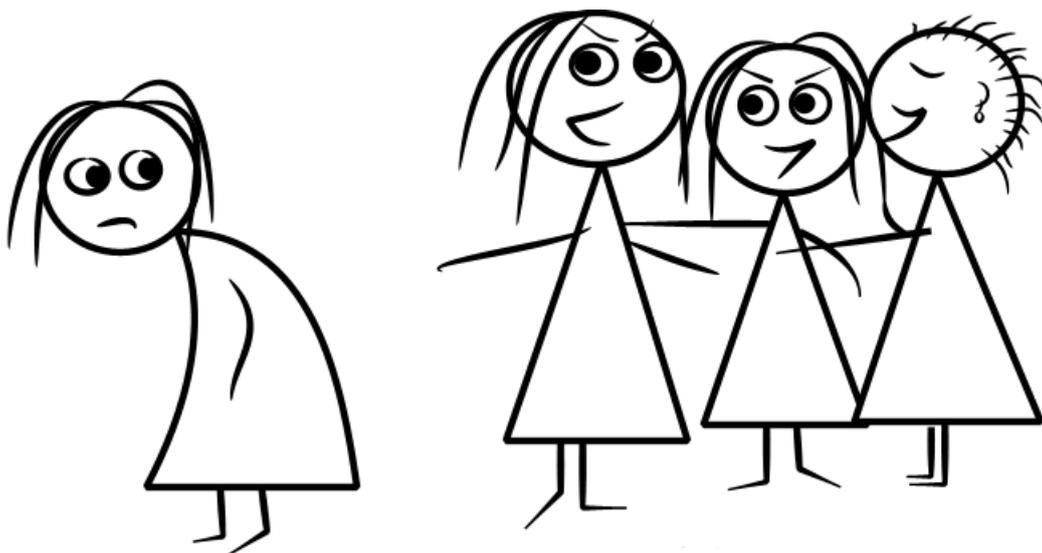




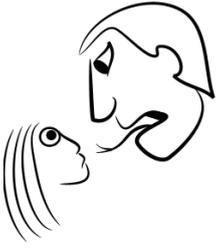
# BULLYING



A guide for parents

# Introduction

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Nearly everyone experiences difficulty at some time in their lives. At these times we need to know what we can do, and who can help us.

If a child is being bullied, he or she may feel scared, vulnerable and quite alone. We want to support children to sort out the situation so that the bullying stops.

For some, bullying can go on for years; for others it is less frequent. Bullying is always wrong and it is not the fault of the victim.

At Pinner Park we want to take bullying very seriously indeed. We want to work in a school that does not tolerate bullying of any kind from anyone. This guide is to help parents to help us to make sure that we can work together to make sure that school is a happy place for everyone to be.

## What is bullying?

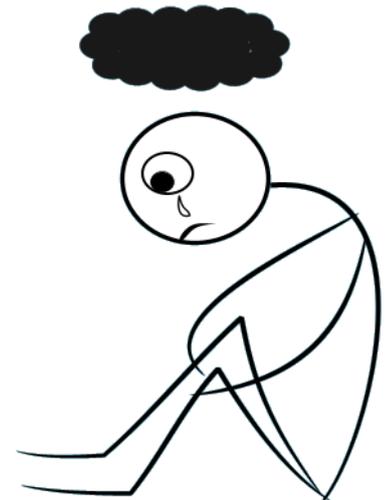
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We have adopted the following definition of bullying:

“Bullying behaviour abuses an imbalance of power to repeatedly and intentionally cause emotional or physical harm to another person or group of people. Isolated instances of hurtful behaviour, teasing or arguments between individuals would not be seen as bullying”  
(Torfaen definition 2008)

There are many definitions of bullying but they have three common factors:

- It is deliberately hurtful behaviour
- It is repeated over a period of time
- It is difficult for those being bullied to defend themselves



For children, we use the following description to help them to understand bullying:

**Someone is trying to hurt you  
It happens again and again  
You can't stop it on your own**

The school works hard to ensure that all pupils know the difference between bullying and simply 'falling out', or occasional acts of unkind or thoughtless behaviour. Friendship fallouts do occur at times and occasionally there will be conflict between pupils – this is all part of the learning which happens at school and will be dealt with in line with our behaviour policy.

## What if I am bullied?

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If someone is being bullied, he or she will feel sad, scared or worried. We want to remind children that if they are being bullied at school, at home or somewhere else then this is not their fault and there are lots of people who want to help.

The following advice for children may be helpful:

**Tell Someone:** Usually, it's difficult to sort out bullying on your own or even with the help of friends. You should think seriously about telling an adult. Tell your class teacher, your parents or another member of staff. Don't be embarrassed about asking for help - all of these adults will be pleased to help you and will take your worries seriously. They will not tell anyone else about your worries unless they think that it will help you, or keep you safe.

**Tell a friend what is happening:** They may go with you to tell an adult and will want to support you.

**Try to ignore the bully or say 'No' firmly and walk away:** It is better to run away than to stop and be bullied. Remember to tell someone what happened.

**Try not to show that you are upset or angry:** Keep calm and tell someone what has happened.

**Don't fight back or retaliate:** Do not behave in the same way as the person being unkind. If you fight back or retaliate, you could make the situation worse, get hurt or told off.



## How parents can help

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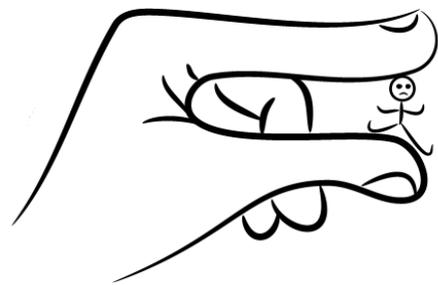
*No one deserves to be made to feel small or insignificant.*

If you are worried that your child is being bullied, ask him or her directly. Encourage your child by saying that you want to help and support them, whatever the problem.

Take your child seriously and find out what exactly has been going on. Don't promise to keep the bullying a secret but reassure your child that you will help them sort out the problem.

If your child tells you that they are being bullied at school, tell us straight away. The school has a clear anti-bullying policy which you may take away with you if you wish (it is also on our school website under 'policies'). We aim to take all incidents of bullying seriously and to investigate the issue fully.

If you are concerned that the school is not helping your child, please raise this with one of the senior leadership team.



# What will the school do?

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## Reporting bullying

As a school we will:

- Encourage victims and witnesses to speak up;
- Treat incidents seriously however trivial they seem at first glance;
- Be alert for changes in behaviour, attitude and well-being;
- Listen to parental concerns and follow up any repeated incidents.



## Responding to bullying

We will endeavour to:

- Take all bullying problems seriously;
- Deal with each incident individually and to assess the needs of each pupil separately;
- Investigate all incidents thoroughly;
- Ensure that bullies and victims are interviewed separately;
- Obtain witness information;
- Inform staff about the incident;
- Ensure that action is taken to prevent further incidents.
- Such action may include:
  - Imposition of sanctions (see Behaviour policy)
  - Obtaining an apology
  - Informing parent(s)
  - Provide support to pupils involved
  - Opportunities for 'restoration of justice' to take place
  - Establishing enhanced monitoring methods
- Liaise with, and support, parents where bullying or cyber-bullying has taken place outside of school, as far as is reasonably possible
- Avoid describing any pupil as 'a bully', but making it clear to any perpetrator the bullying behaviours which need to stop



## Further Information

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If you would like any further information, or would like to receive a copy of the school's anti-bullying policy, please contact us. This information is also available from our school website.

## Recommended websites and organisations

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The following websites all offer really good advice and guidance for parents.

### **Anti-Bullying Alliance**

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>

### **Kidscape**

<https://www.kidscape.org.uk/advice/advice-for-parents-and-carers/>

### **NSPCC**

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/>

### **Childline**

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/>

### **Childnet (Online Bullying)**

<https://www.childnet.com/help-and-advice/online-bullying/>