



Cuckney C of E Primary School

Anti-Bullying Parent leaflet

Written by parents for parents

What is bullying?

In Nottinghamshire we have decided to adopt the definition of bullying the Anti-bullying Alliance

The **repetitive, intentional** hurting of one person or group by another person or group, where the relationship involves an **imbalance of power**. Bullying can be physical, verbal or psychological. It can happen face-to-face or through cyberspace.

Bullying can be.....

Physical - Hitting, kicking, pushing, taking or hiding things

Verbal - Name calling, teasing, insulting, threats, gossiping

Emotional - Looks, graffiti, leaving out of groups, ignoring

How does bullying differ from banter/teasing?

- There is a deliberate intention to hurt or humiliate
- There is a power imbalance
- It is usually persistent



Several **T**imes **O**n **P**urpose

Friends fall out

- We sometimes describe this as **relational conflict**
- Children fall out and need to learn how to resolve conflicts
- Children need the confidence to deal with conflicts and to develop **resilience**
- But it can lead to bullying.....

Baiting-A provocative act used to solicit an angry, aggressive or emotional response from another individual

The target

Bullies need a target, they will find something about them to focus on but this is just an excuse to justify their behaviour.

All children can be at risk of bullying but some may be more vulnerable to specific forms of bullying

- Prejudice related bullying of children with special educational needs or disabilities, or related to sexual orientation (homophobic bullying), sex, race, religion and belief, gender reassignment (transphobic bullying)
- Bullying related to appearance or health conditions.
- Bullying of young carers or looked-after children or otherwise related to home circumstances.

Possible signs of bullying

- Being frightened to walk to and from school, changing their usual route
- Not wanting to go on the school bus, begging for a lift to school
- Refusing to go to school, feeling ill in the mornings, truanting
- Beginning to do poorly at school work
- Coming home regularly with clothes or books destroyed, possessions going missing
- Coming home starving (had dinner money taken)
- Asking for money or stealing money, losing their pocket money
- Becoming withdrawn, lacking confidence, distressed and anxious and refusing to say why
- Poor sleeping, nightmares
- Unexplained bruises, scratches etc
- Beginning to bully other siblings or be aggressive and unreasonable
- Giving improbable excuses to explain any of the above

How to help the target

- Ask
- Listen
- Reassure
- Discuss a plan with them

How?

Try some open questions such as:-

- What did you do at school today?
- Who did you play with?
- Is there anyone at school you don't like? Why?
- Are you looking forward to going to school tomorrow?



If they have difficulties explaining

- Draw pictures with them or get them to draw some of the key parts of their day
- Use toys, puppets or pets to encourage your child to talk
- Use scales to rate how they are feeling at different times of the day (traffic lights)
- Use pictures of faces showing feelings
- Visual prompts-pictures in books, communication boards, cue cards



Then

- Keep a diary of incidents
- Decide when you think you want to involve others, such as the school, police, youth leader
- Work with them to find a solution
- Don't be put off

The bully

Bullies pick on others as a way of making life better for themselves. They often use bullying as a way of achieving popularity and friends, however

- Unchecked bullying can damage the bully who learns that he or she can get away with violence, aggression and threats.
- Studies have found that adults who were bullies as children have a higher chance of acquiring a criminal record, tend to be aggressive, and have problems in maintaining relationships

So why is my child behaving this way?

Children sometimes bully others because

- They want to be 'in with the cool kids'
- It feels like fun-they don't realise how much it hurts
- They dislike or are jealous of someone
- They feel powerful and respected
- It gets them what they want
- They are bullied or have been bullied themselves and are taking it out on someone else
- They have problems in their life that are making them feel bad

What to do if your child is the bully

- Stay calm and don't get angry, your child might be going through a difficult time causing them to act out aggressive feelings
- Talk to them about why they bully and what they think they might do to stop.
- Reassure them that it is the behaviour you don't like not them
- Work out away for your child to make amends for the bullying
- Work with the school or other setting to support you in helping to change your child's behaviour and keep in touch with progress
- Give lots of positive feedback for good behaviour and opportunities to shine

The Bystander

The bystander has an important and significant role in bullying. People who bully others are often trying to impress their peers, either by looking tough or funny. Without bystanders to watch the reaction of the victim, the bully will not gain their gratification.

Research has identified the following reasons why students did not intervene

- It might be me next
- It's only a bit of fun

- Ignore it and it will go away
- They deserve it

However when peers intervene, generally bullying will stop.

Working with Bystanders

- Encourage your children not to be bystanders by telling them to :-
- See it, get help, stop it.
- Tell them that by not doing anything they are encouraging the bully
- Support them if they decide to tell the bully to stop but only if they feel safe to do so
- Discuss with them ways in which they might help the victim such as forming a friendship group for the person being bullied to make sure they are not isolated.
- Listen and support them if they tell you about bullying
- Tell them not to forward unkind messages via email or texting



How the school can help

- All schools should have an anti-bullying policy which sets out clear principles so that all the school community knows the school standpoint on all forms of bullying.
- The policy should be available to all parents on request but most schools offer a summary document to all families and young people
- Most schools consult with parents/carers and young people when drawing up the policy

