

Advice & Guidance for Parents and Carers

If your child has been bullied:

- Reassure your child they have done the right thing in telling someone.
- Talk calmly and listen, making a note of what they say, including how often the bullying has occurred, where it happened, who is involved.
- Encourage your child to tell you about any further incidents and keep a record of these.
- Inform the school—via your child's class teacher, deputy or head teacher. Do not approach the bully or their parents/carers.
- It is important that you advise your child not to fight back. It can make matters worse!
- Tell your son/daughter there is nothing wrong with him or her. It is not his or her fault that they are being bullied.
- Encourage your child to ask for help from an adult in school if bullying occurs.

Our anti-bullying policy can be found on the school website: www.stnicholas-school.co.uk

Dealing With Incidents

If bullying is suspected a member of the Senior Leadership Team will talk to the suspected victim, the suspected bully and any witnesses to establish what has happened. An account of the incident will be recorded. If any degree of bullying is identified, the following actions may be taken:

- Staff will work with the students involved, either individually or together to resolve problems
- Informing both the victim's and the bully's parents/guardians.
- Sanctions will be imposed upon the bully so that they understand the seriousness of their actions.
- Work will take place with the bullies to support them to change their behaviour.
- The situation will continue to be monitored by staff.
- Actions will be shared with the victim so they know the problem is being dealt with.

ST NICHOLAS SCHOOL



Anti-Bullying Advice

for Parents & Carers



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Introduction

At St Nicholas School we believe that all students have the right to learn in a supportive, caring and safe environment without the fear of being bullied.

Preventing bullying is the school's aim. It is important for staff, students, parents and carers to work together to deal with bullying when it does occur.

Advice and support is also available from:

www.childline.org.uk



0808 800 2222

What is Bullying?

Bullying can be defined as deliberately hurtful behaviour, repeated over a period of time, and usually involves an imbalance of power. Bullying is NOT a one-off incident of name-calling, arguing or fighting.

Bullying may take a variety of forms including:

- Physical – hitting, kicking, pushing, spitting, damage to property or theft
- Verbal – name calling, swearing, racist, homophobic, biphobic and transphobic remarks, threats and teasing.
- Cyber bullying – abusive text messages, e-mails or comments being made on social media
- Emotional—leaving someone out, spreading rumours.

Bullying may be directed towards an individual's special educational needs, sexual orientation, gender, race, religion or faith, gender issues, disability or social circumstances.

Why do children bully?

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

Symptoms of Bullying

Your child may:

- Not want to go to school or play truant
- Become withdrawn, anxious or lack confidence
- Change their usual behaviour
- Come home regularly with damaged property or clothes or physically hurt
- Begins to do poorly in school work
- Becomes aggressive or disruptive
- Bullying other children or siblings
- Stops eating
- Is unwilling to say what is wrong
- Cries at night/unable to sleep
- Nervous or jumpy when receiving a text message or message on social media

What is Bullying?

Bullying is deliberately hurtful behaviour, repeated over a period of time.

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

Bullying may be:

- Physical - hitting, kicking, pushing, spitting.
- Verbal - name calling, swearing, threats and teasing.
- Cyber bullying - abusive text messages, e-mails or comments being made on social media e.g. on Facebook, Twitter
- Emotional—leaving someone out, spreading rumours

Someone may be bullied because of

Bullying will not be tolerated at St Nicholas.

What Should I Do?

If YOU are being bullied:

- Stay calm and tell them to stop
- Get away from the situation as quickly as you can
- Take control—ignore them and don't let them see you react
- Don't fight back—it could make things worse!
- Remember that your silence is the bully's greatest weapon So

Tell an adult in school what is happening straight away

- Clearly explain what has happened to you, how often it has happened, who is involved and where it happens

What Will Happen

Next?

- The adult will listen to you and will make a note of what you say.
- They will work with you and the bully or bullies to sort things out.

If you know someone who is being bullied:

- Don't ignore someone else being bullied
- Try to be there for the person being bullied
- Don't get into a fight on behalf of someone else
- If someone is in danger, get help straight away
- Tell an adult about

If you are bullying someone:

Its never too late to stop bullying

- Ask yourself why you are behaving that way—do you really want to hurt or upset people?
- Are you taking your anger out on other people because of stuff at home?
- Are you jealous of others?