For more information on Anti-Bullying please see:
Helplines and websites:
www.bullying.co.uk

**Childline: www.childline.org.uk 0800 11 11**
Free, confidential helpline for children and young people. Trained volunteers offer advice 24 hours a day, by phone and online

**Parentline Plus**
National charity that works for and with parents. www.parentlineplus.org.uk call 0808 800 2222 for immd ate support and advice for parents, 24 hours a day, 7 days a week.

**Kidscape: www.kidscape.org.uk 08451 205 204**
A telephone helpline for parents and carers of bullied children

**CyberMentors: www.cybermentors.org.uk**
Safe social networking site providing support for young people affected by bullying. Young people aged 11-25 are trained as CyberMentors so they can offer support and advice.

**The Child Exploitation and Online Protection Centre (CEOP) www.thinkuknow.co.uk**
Organisation dedicated to stopping sexual abuse of children

Bye Bye To Bullying

Bardsey Primary School
Working Together To Achieve

# Anti-Bullying Information for Parents and Carers

anti-bullying

## What is Bullying?

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

Bullying is:

- Deliberately hurtful
- Ongoing
- Unequal and difficult to stop by the person being bullied

**S**everal
**T**imes
**O**n
**P**urpose

Can be indirect or direct

- Physical (e.g. hitting or kicking)
- Verbal (e.g. abuse or name-calling)
- Non-verbal (e.g. gestures and looks)
- Psychological (e.g. excluding or threats)

**Bullying is not**

A one-off argument or fight
A friend sometimes being nasty

## If your child is being cyberbullied

- Make sure your child does not retaliate or reply to cyberbullying messages of any kind.

- If you need to, you can help your child to change their contact details (email, online username, mobile phone number).

- Use the security tools on your family's computer, on websites or on your child's mobile phone.

- Save evidence of offending emails, text messages or online conversations.

- Report cyberbullying. You can report the incident to the website or service provider, and, in serious cases, the police.

**At Bardsey Primary School** we take bullying very seriously. We do not tolerate bullying in any form and teach all children that nobody deserves to be bullied.
We are a **TELLING** school: we encourage all members of our school community to **REPORT UNWANTED BEHAVIOURS to a member of staff** as soon as they happen.

## If you witnesses bullying

- Report it
- Write it down and put it in the worry box if you want to be anonymous
- Don't just allow it to happen

**Be Safe Be respectful Be Responsible**

**Cyber-bullying** - Is bullying that occurs via mobile phone or the internet.

**Key rules for your child:**

Think before you send a picture or message about yourself or any other person. It doesn't take long for it to be shared with every single person you know.

What you think of as a joke might be really upsetting for the other person.

Never give out personal information when it can be shared with others. You may trust your new friends but you don't know his or her friends.

Treat your password like your toothbrush – don't share it with anyone!

If you receive nasty messages, texts, comments etc., block the person sending them and always report it to an adult (your parent, teacher).

Don't reply to a bullying message but do keep it – whether it is a picture, message or online posting

## What you can do if your child is being bullied

Help your child to talk to you.
Praise your child for telling you.
Help your child feel valued and important.
Make sure your child knows who to go to for help.
Tell your child you need to involve the school.
Collect any evidence e.g. who did what, when, and what was said and done.
Keep any text messages, emails or website comments.

## What to do if your child is a witness to bullying

Help your child to tell you what is happening.
Remind your child that they are not 'grassing', they are helping stop a situation.
Talk to your child about what they can do to help a child who is being bullied:
Tell a teacher what is going on
Be friendly to the other child
Include the other child in games

## What to do if you are told your child is bullying others

Listen to their side of the story.
Try not to call them a 'bully' – it's a label that sticks.
Remind them that you love them – it's the behaviour that you do not like.
Talk to them about other people's feelings and how much their behaviour hurts upsets and frightens the person they are bullying.
Talk to them about anything that is making them unhappy or angry.

## Bullying Roles and Behaviours

We do not talk about 'bullies' or 'victims'. This is because words like these label people. We are talking about behaviour, not a fixed way a person is.

### Rude

If someone says or does something that is unintentionally hurtful, and they only do it once, they are being RUDE.

### Mean

If someone says or does something that is intentionally hurtful, and they only do it once, they are being MEAN.

### Bullying

If someone says or does something that is intentionally hurtful, and they keep on doing it, even if you ask them to stop, that is BULLYING.