

What to 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 eg who did what, when, and what was said and done.
- Keep any text messages, emails or website comments.
- Report the incident to school straight away.

What to do if 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.

What we as a School will do to help

- Listen to all sides of the story, without prejudice.
- Record all details in a class file
- Inform parents of incidents as soon as they occur
- Provide a positive environment and support for all children.
- Teach children the importance of respect for themselves and others
- Praise children for positive behaviour
- Monitor children at risk of bullying/being bullied

Helplines & Websites

www.bullying.co.uk

SEAL (Social and Emotional Aspects of Learning)

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

www.kidscape.org.uk

08451 205 204 A telephone helpline for parents and carers of bullied children - CyberMentors

www.beatbullying.org

BeatBullying is an international bullying prevention charity working and campaigning to make bullying unacceptable, on the ground in the UK and across Europe. We believe that no one should endure the pain, fear or isolation of being bullied, and that everyone has the right to be safe from bullying, violence and harassment. BeatBullying stops bullying and keeps children and young people safe.

www.thinkuknow.co.uk

Organisation dedicated to stopping sexual abuse of children. It also provides:

Help and advice on cyberbullying - website for children and young people

How to stay safe online

For any other details, please ask a member of staff or visit our school website where the Anti-Bullying and Behaviour Policy will be located.

www.staugustines.surrey.sch.uk

If you have any questions or would like any advice please contact Mr McGovern.

St Augustine's Catholic Primary School



*April 2014
Information for
Parents & Carers*

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Our Aim

We, as a community, aim to provide a warm, safe, secure and caring environment for all our pupils to allow them to learn effectively, improve their life chances and help them maximise their potential in which bullying will not be tolerated. This includes verbal, emotional, racist, sexual, cyber and physical bullying and could involve incidents such as continuous name calling, threats and physical violence. We will deal with any bullying incidents thoroughly and promptly. We also want our children to feel confident to seek support from school should they feel unsafe.

At our school we encourage anyone who knows that bullying is happening to tell a member of staff. All members of the school have a responsibility to recognise bullying when it occurs and take appropriate action. Through following our school Mission Statement, we hope to tackle bullying throughout the school.

Joyfully, we at St Augustine's Catholic School

celebrate our love for God, our love for ourselves and

our love for each other as we pray, learn and play together

What is Bullying?

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

Safe to Learn: embedding anti bullying work in schools (2007).

Bullying can include:

- Name calling
- Taunting
- Mocking
- Making offensive comments
- Physical assault
- Taking or damaging belongings
- Cyber bullying - inappropriate text messaging and e mailing; sending offensive or degrading images by phone or via the internet
- Producing offensive graffiti
- Gossiping and spreading hurtful and untruthful rumours
- Excluding people from groups.

How does bullying differ from teasing/falling out between friends or other types of aggressive behaviour?

- There is a deliberate intention to hurt or humiliate.
- There is a power imbalance that makes it hard for the victim to defend themselves.
- It is usually persistent.

Several

Times

On

Purpose

- A one-off argument fight

or

Using the STOP method will help your children to identify what is bullying

Bullying is not...

- A friend sometimes being nasty
- Being challenged for inappropriate behaviour
- Accidental injury i.e. during sports

At St Augustine's Catholic 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 bullying.