

*Coopers Lane Primary School*



# *Anti Bullying*

*Information for Parents  
and Carers*

It is a primary aim of our school that every member of the school community feels valued, respected and well treated. Our anti-bullying policy is to ensure that pupils learn in a supportive, caring and safe environment without fear of being bullied.

Bullying is defined as deliberately hurtful behaviour, repeated over a period of time, where it is difficult for those being bullied to defend themselves. The four main types of bullying are:

- physical (hitting, kicking, theft)
- verbal (name calling, racist or homophobic remarks)
- emotional (spreading rumours, excluding someone from social groups)
- cyber (bullying through online methods such as texts, emails and social media)

## What happens if bullying occurs?

If a suspected incident of bullying occurs and is witnessed by, or reported by, an adult:

- an adult listens to the victim's concerns in a safe environment and records what the child says. The child is reassured that by telling someone they have done the correct thing.
- discussions are held with the victim and the alleged bully to ascertain whether or not bullying has taken place.
- all confirmed or suspected incidents of bullying are reported to the Head Teacher and the Designated Bullying Leader (Miss Riley). These incidents are logged on an electronic recording system and all actions updated and monitored as needed.
- Parents/carers of those involved will be informed of what has happened and how it has been dealt with. These discussions and actions will be added to the incident log.

### **How do I recognise if my child is being bullied?**

If your child is being bullied they may want to talk about it or they may;

- be reluctant to come to school
- complain of being unwell
- change their behaviour (tantrums, bed-wetting or sleeping problems)
- avoid certain activities or certain children
- be unwilling to talk about their day
- not want to wear their glasses
- take things from home to give to other children

These things can happen for other reasons but they can also be a sign of bullying.

### **What should I do if my child is being bullied?**

- talk calmly to your child and make a note of any incidents (where, when and who was involved)
- make an appointment to see your child's teacher or a member of the Senior Leadership team and explain the problems that your child is experiencing
- explain that everybody gets angry; help your child to express it without hurting others
- show your child how to deal with situations without 'hitting' back

### **What if my child is a bully?**

It often comes as a big surprise to parents/carers that their child could be a bully. It may be hard to spot. There are many reasons why young people bully others. Sometimes it is because they are copying someone else or being encouraged to bully. Or it might be because they are going through a difficult time or because they haven't learnt other ways of mixing with children at school.

**It is very important to deal with these kinds of issues straight away. You should;**

- talk with your child and explain why bullying is wrong
- make an appointment to speak with someone, a class teacher for example, to discuss how the bullying can be dealt with
- ensure that your child feels safe at home

### **The role of parents**

Parents and families have an important part to play in helping our school deal with bullying.

### **You can:**

- show your child how to deal with situations without 'hitting' back
- watch out for signs that your child is being bullied or is bullying others - common symptoms include headaches, stomach aches, anxiety and irritability - contact the class teacher immediately if you are worried.
- make an appointment to see your child's teacher or a member of the Senior Leadership team and explain the problems that your child is experiencing
- everybody gets angry; help your child to express it without hurting others

For more information and advice contact

- [www.childline.org.uk](http://www.childline.org.uk)
- [www.kidscape.org.uk](http://www.kidscape.org.uk)
- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- <https://ceop.police.uk>