

Worplesdon Primary School



Anti Bullying Leaflet

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1. What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated over time. (Stop Bullying <https://www.stopbullying.gov/what-is-bullying/index.html>)

1.1. Bullying is:

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

1.2. Bullying Can be:

- Physical (e.g. Hitting or kicking).
- Verbal (e.g. Abuse or name-calling).
- Non-verbal (e.g. Unkind gestures and looks).
- Psychological (e.g. Excluding someone or making threats).
- Cyber-bullying (bullying that occurs via mobile phone or the internet).

1.3. Bullying is not:

- A one-off argument or fight.
- A friend sometimes being nasty.
- Friends falling out on the playground .

At Worplesdon 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 bullying.

2. What Can You do if you Think your Child is Being Bullied?

If you think that your child is being bullied:

- Listen to their side of the story.
- Make sure your Child knows who to go to for help.
- Tell your Child you need to involve the School.
- Collect any evidence (who did what, when).
- Keep any text messages, emails or website comments.

3. If your Child is Being Cyberbullied

- Keep any text messages, emails or website comments.
- 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 to block messages.
- Save evidence of offending emails, text messages or online conversations.
- Report cyberbullying. You can report the incident to School, the website or service provider, and, in serious cases, the police.

3.1 What Can Your Child Do?

- Think before they send a picture or message about themselves or any other person. It does not take long for it to be shared with every single person they know.
- What they think of as a joke might be really upsetting for the other person.
- They must never give out personal information when it can be shared with others. They may trust their new friends but they don't know his or her friends.
- Treat their password like your toothbrush – don't share it with anyone!
- If they receive nasty messages, texts or comments etc., block the person sending them and always report it to an adult (their Parent, Teacher).
- Never reply to a bullying message but do keep it – whether it is a picture, message or online posting.

4. What Will the School Do?

All reported incidents will be taken seriously and investigated involving all parties. The following steps will be taken where appropriate:

- Interview with all parties.
- Inform parents.
- A range of responses appropriate to the situation: - solution focused, social stories, restorative approach, circle of friends, friendship contracts, individual work with victim, referral to outside agencies if appropriate.
- Refer to Behaviour Policy and school consequences, how these may be applied including what actions may be taken if bullying persists.
- Keeping in touch with the person who reported the situation to the school.
- Keeping in touch with the parents/carers of the person.
- Keeping in touch with the class teacher of both the victim and the bully.

5. More Information

5.1 Helplines and Websites

www.bullying.co.uk

5.2 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.

5.3 Parentline Plus

Parentline Plus is a national charity that works for and with parents.

www.parentlineplus.org.uk or call 0808 800 2222 for immediate support and advice for parents, 24 hours a day, 7 days a week.

5.4 Kidscape

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

5.5 CyberMentors

www.cybermentors.org.uk

CyberMentors is a 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.

5.6 The Child Exploitation and Online Protection Centre (CEOP)

CEOP (www.thinkuknow.co.uk) Organisation is dedicated to stopping sexual abuse of children – they also provide help and advice on cyberbullying.