



Anti Bullying Information for Parents

STOP BULLYING

PHYSICAL
BULLYING

VERBAL
BULLYING

SOCIAL
BULLYING

CYBER
BULLYING



What is bullying?

Bullying is not simply a 'falling out'.

Research shows that experiencing bullying can have a significant impact on a child's life well into adulthood.

To ensure we are able to prevent bullying, act quickly when it takes place and avoid misidentifying bullying, it is vital that schools and other settings have a shared definition of bullying.

This should be understood by the whole school or setting including parents, young people and all staff.

Our definition of bullying

The Anti-Bullying Alliance and its members have an agreed shared definition of bullying based on research from across the world over the last 30 years.

The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online.

HOW TO IDENTIFY AND DEAL WITH BULLYING



WHAT IS BULLYING?

"The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online."

- The Anti-Bullying Alliance



There are four key elements to this definition:

- hurtful
- repetition
- power imbalance
- intentional

Bullying behaviour can be

- Physical** – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal** - name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional** – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- Sexual** – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- Online /cyber** – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect** - Can include the exploitation of individuals.



Cyberbullying can include

- **sending** threatening or abusive text messages
- **creating and sharing** embarrassing images or videos
- **trolling** – the sending of menacing or upsetting messages on social networks, chat rooms or online games
- **excluding** children from online games, activities or friendship groups
- **shaming** someone online
- **setting up** hate sites or groups about a particular child
- **encouraging** young people to self-harm
- **voting** for or against someone in an abusive poll
- **creating** fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name
- **sending** explicit messages, also known as sexting
- **pressuring** children into sending sexual images or engaging in sexual conversations.



As well as supporting your child emotionally, there are practical steps you can take if the bullying has taken place on an online platform, such as a social media app or online gaming chat room.

•A common response may be to completely remove your child's internet access or mobile phone. However, this is unlikely to solve things. They may try to access the internet elsewhere or secretly.

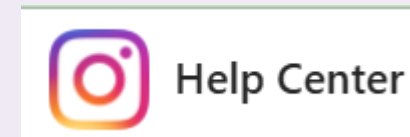
Instead:

- have open conversations
- review privacy settings
- use technology together rather than alone
- make sure your child knows how to block anyone who posts upsetting things. You can usually find details of how to do this in the help or online safety area under *Settings*.



•Report anyone bullying your child to the platform where it's happened. Follow these links to contact some of the most popular social media platforms and learn more about blocking and reporting:

[Instagram](#)
[Snapchat](#)
[WhatsApp](#)
[Facebook](#)



•[CEOP Education](#) has advice on online safety for young people. It's suitable for different age groups. The website shows children how to contact social media sites if they believe someone has posted something upsetting about them.

Report Remove

If a child has had a sexual image shared online. If they're under 18, they can use Childline and the Internet Watch Foundation's discreet [Report Remove tool](#) to see if it can be taken down. Young people can get support from Childline throughout the process.

Report bullying videos shared online

Get in contact with the site the video was shared on as soon as possible. Social networks are more likely to take the video down if the child involved in the video or their parents make the report. Depending on their terms and conditions, they may be able to remove it from the site.

If the identity of any other children in the video is known, think about sharing it with the school or local police. They might want to take steps to make sure that these videos are not shared further.



The screenshot shows the Childline website interface. At the top, the 'childline' logo is in white on a blue background, with the tagline 'ONLINE, ON THE PHONE, ANYTIME' below it. A navigation bar contains four buttons: 'Info and advice' (with an 'i' icon), 'Get support' (with a hand icon), 'Toolbox' (with a toolbox icon), and 'Get involved' (with a lightbulb icon). Below the navigation bar is a breadcrumb trail: 'You are here / Home / Info and advice / Bullying, abuse, safety and the law / Online and mobile safety'. The main content area has a large orange header with the text 'REPORT REMOVE'. Below this, a paragraph states: 'Report Remove is here to help young people under 18 in the UK to confidentially report sexual images and videos of themselves and remove them from the internet.' On the left side, there is a dark blue sidebar with the heading 'On this Page' and a list of links: 'How Report Remove works', 'Make your report', 'Help with your report', 'Watch: Report Remove', and 'Get more support'.

If you think your child is being bullied or you think they might be, here are some tips on how to talk to them and prevent further bullying.



- If you think your child is being bullied, don't panic. Explain to your child that the bullying is not their fault and together you will sort this out. Bullying is never acceptable; and should always be taken seriously. It is never your child's fault if they've been bullied.
- Try and establish the facts. It can be helpful to keep a diary of events.
- If the bullying is online, save or copy images and text.
- Find out what your child wants to happen. Help to identify steps you can take; and the skills they have to help sort out the situation.
- Make sure you always keep them informed about any actions you decide to take.
- You may be tempted to tell your child to retaliate but this can have unpredictable results. Your child might get into trouble or get even more hurt.

Look for changes in your child's behaviour, such as:



Avoiding school
or certain social
situations



Becoming more
withdrawn,
anxious or upset



Unexplained
injuries, or lost
belongings



Changes in
eating or
sleeping habits

14%

of children have not
gone to school before
because of bullying

18%

of children have
changed their journey
to or from school
because of bullying

26%

of children have not
spent time with
friends as they were
bullying them

These might indicate that they are experiencing bullying.
Stay observant and let your child know you're there for support.



If your child is being bullied by someone they're at school with, you can talk to the school. It doesn't matter whether the bullying is happening on the premises, outside or online. We have a responsibility to protect pupils from bullying.

Arrange a meeting and speak to your child's teacher.

If not resolved, speak to Mrs Cooper or Mr Marshall.

WHAT TO DO IF YOUR CHILD IS BEING BULLIED



Reassure them

Let your child know that being bullied is not their fault, and they are not alone.



Work with the school

Approach teachers or school staff to discuss your concerns and find a way to address the issue.



Encourage self-worth

Help your child focus on their strengths and the activities they enjoy. Remind them being unique is important.

22% of children have been worried about how they look because of bullying

By maintaining an open dialogue and fostering a supportive environment, you can empower your child to navigate and overcome difficult situations, making sure they feel proud to be their authentic self.

HOW TO TALK TO YOUR CHILD ABOUT BULLYING

Starting conversations early and often with your child about school life and friendships can help to relieve some of this anxiety. You could ask your child open-ended questions such as:

“

How is everything going with your friends at school?

What would you do if you saw someone being unkind at school?

”

This creates a safe space for them to share their experiences. If your child mentions bullying, listen carefully and reassure them that you're here to help.

Sacred Heart Catholic Primary School

Behaviour Policy 2024-2025

Anti-Bullying Bullying is behaviour by a group or an individual, that is repeated over an extended period of time that intentionally hurts another individual. Bullying can be physical, emotional, face-to face or using technology. Sacred Heart Catholic Primary School is committed to preventing bullying by encouraging pupils to live out our Gospel Values and love one another.

In order to prevent bullying;

- All staff are aware of their responsibility to look out for changes in behaviour of potential victims of bullying
- A duty rota will be in place to ensure staff patrol key areas at break and lunch time
- Pupils will regularly be made aware of how to report bullying and will be encouraged to do so

If an incident of bullying occurs:

- All staff will listen to all parties involved in incidents
- All incidents will be investigated as fully as possible
- Appropriate action will be taken against the instigators and incidents recorded
- Information will be shared with the victim and the bully's parents and repeated incidents will be reported.
- Student safety plans may be implemented to protect the victim from further risk.