
What is Bullying?

"Bullying is behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group physically or emotionally." (Safe to Learn DCSF 2007)

The four main types of bullying are:

Physical (e.g. hitting, pushing, taking belongings or any unwanted physical contact)

Verbal (name calling or sarcasm that can include comments related to race, disability, sexual orientation, gender etc)

Indirect (e.g. spreading rumours, ignoring or isolating someone)

Cyberbullying (e.g. bullying by text, emails or social networking sites)

Signs that your child may be being bullied

If your child is being bullied they may tell you or another adult about it, or they may:

Complain of being unwell - to avoid going to school.

Avoid certain children or activities.

Change their behaviour e.g. tantrums, bedwetting, moodiness, bullying a younger sibling or a friend.

Be unwilling to talk about school.

Come home with cuts and bruises, torn clothes or damaged or lost belongings.

Attempt to change their appearance e.g. refuse to wear glasses.

Take things/money from home to give to other children.

Change their eating habits e.g. loss of appetite.

What to do if you think your child is being bullied

Calmly talk to your child about it and reassure them that you and the school will take them seriously and can help them.

Make a note of what your child says has happened, who was involved and how often incidents have occurred. Listen to your child and value their feelings and worries.

Talk to your child's teacher as soon as possible.

Be ready to hear other sides of the story.

Listen to what is suggested by school staff and allow staff time to investigate and deal with the situation in a way they feel is most appropriate. Arrange a time to talk again.

If you are unhappy with the response, or bullying continues, contact the Headteacher to discuss the matter further. You may also like to read the school's Anti-bullying Policy which is available as part of the Behaviour Management Policy on the school website or from the school office.

What will the school do?

School staff will begin by investigating the situation thoroughly and will then decide on an appropriate course of action. This may include:

Support for the child being bullied.

Working with the person doing the bullying to change their behaviour.

Speaking to parents or carers of all parties.

Encouraging empathy, a genuine and meaningful apology and reconciliation.

Assemblies and class activities to increase awareness of anti-bullying.

Involving other agencies if appropriate.

Deciding on appropriate consequences in proportion to the individual circumstances and incidents, in line with the school's behaviour policy.

Monitoring future behaviour of individuals.

Recording of all actions taken, and the regular monitoring of the situation in the future.

**Chapel End Primary School
and Nursery is committed
to stamping out bullying**
