



## Anti-Bullying Guide for Parents

### 1. Introduction

**“Children have the right to be taught in a safe, caring atmosphere. Teachers and parents must ensure that this happens”**

***Elton Report***

At Loughton, we believe that bullying is anything that deliberately and persistently intends to hurt or upset someone in a targeted way: that makes them feel threatened, ashamed, unhappy or afraid.

**Bullying is one element of Peer on Peer Abuse, it can be:**

**Physical:** pushing, hitting, other forms of violence.

**Verbal:** name calling, spreading rumours.

**Emotional:** exclusion from any activity, ignoring or not talking to someone, laughing at, or ridiculing someone.

**Cyber:** using technology to bully someone verbally or emotionally

Bullying always involves one person having power over another. The perpetrator will be aware of the way it makes the victim feel. The victim will often feel powerless or out of control.

### 2. What Loughton does to prevent Bullying

We do not tolerate bullying and will always act swiftly to deal with any issues.

- Having lessons on Personal, Social and Health Education throughout the school.
- Having regular class discussions, i.e. Circle time.
- By listening to children.
- By telling children they have the right to come to school and feel safe and happy.
- School and Year group assemblies.
- Through developing play activities.
- By training all staff in the Anti-Bullying Policy.
- By having an open door policy and children knowing that it is ok to tell.

### **3. Possible signs of bullying for parents:**

Bullying can result in children's behaviour changing. If your child shows some of the following signs, bullying may be responsible.

#### **Children may:**

- Show fear of walking to and from school.
- Refusing to attend school
- Feel ill in the morning.  
Being distressed around particular children.
- Begin doing poorly in their school work.
- Become withdrawn or distressed.
- Display a lack of confidence.
- Have their possessions go missing.
- Refuse to say what is wrong.
- Change behaviour at home.
- Become aggressive or unreasonable.
- Begin to bully other children or siblings.
- Give excuses to explain any of the above.

### **4. What can you do?**

- If you suspect your child is being bullied ask for help. Make an appointment to see the teacher and explain what problem your child is experiencing.
- Calmly talk to your child about what has happened, listen to them and believe them.
- Help your child to explain what has happened and make notes of who was involved, how often the bullying has occurred, what was said or what happened.
- Encourage your child to talk to a teacher or another member of staff.

### **5. What the school will do:**

All bullying incidents will be investigated. The teacher who receives the information on bullying will investigate the incident and find out the seriousness of it.

The victim, bully and any witnesses will be interviewed to establish what has occurred.

The bully will be made aware that every child has the right to come to Loughton and feel safe and happy at all times, including the bully! The bully will give an undertaking not to be unpleasant again. A further discussion will take place to ensure that there has been no re-occurrence of bullying.

Loughton School will explore the motivation for bullying and discuss with the bully, why it is unacceptable.

Loughton School will consider the needs of all children involved to be safe and the right to feel safe.

Action will be taken to stop the bullying and provide support and guidance to the children involved.

## **6. Parents will be kept informed of developments**

Depending on the nature of the bullying, there are a range of sanctions available should the situation require them. Our aim is for the bully to recognise his or her behaviour and stop it.

Sometimes children will bully others, because they are being bullied themselves or they are distressed about something else.

## **7. What if my child is doing the bullying!**

- Talk to your child, explain that bullying is unacceptable and makes others unhappy.
- Show your child how to play with other children without bullying.
- Make an appointment to see your child's teacher. Discuss with the teacher how you and the school can stop the bullying of others.
- Regularly check with your child how things are going at school.
- Discourage other members of the family that might use aggression as a force to get what they want.
- Give your child lots of praise and encouragement when they are co-operative and kind to other people.

## **8. What we tell the children:**

'Bullying is when someone teases you, calls you names, threatens you, hits you or takes things that belong to you'.

'Tell yourself that you do not deserve to be bullied and that at Loughton you have a right to feel safe and happy at all times'.

### **If you are being bullied:**

- try to stay calm and look as confident as you can.
- be firm and clear – look others in the eye and tell them to stop.
- get away from the situation as quickly as possible.

- tell a teacher what has happened straight away.
- If you are scared to tell a teacher by yourself, ask a friend to come with you.
- tell your family.
- DON'T BLAME YOURSELF FOR WHAT HAS HAPPENED.

## **9. Support**

Childline

0800 1111

Kidscape

[020 7730 3300](tel:02077303300)

[info@kidscape.org.uk](mailto:info@kidscape.org.uk)