CORBY PRIMARY ACADEMY
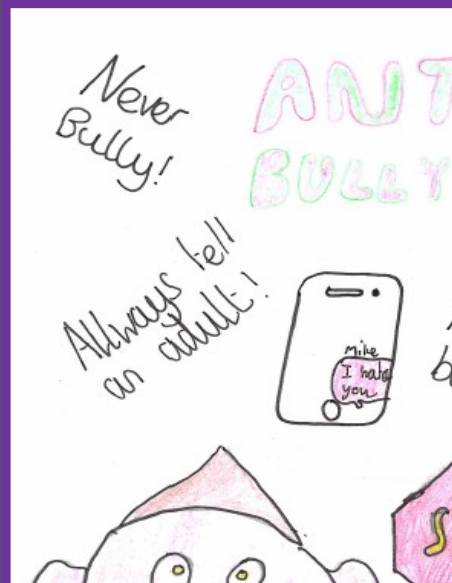
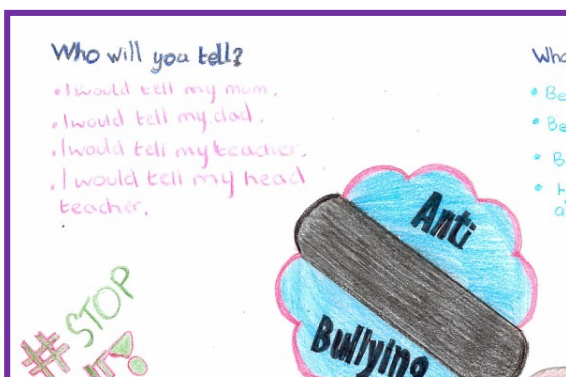# Anti-bullying information
for
children, parents and carers

What is Bullying?

Bullying is *'Behaviour by an individual or a group, usually repeat over time, that intentionally hurts another individual either physically or emotionally.'*

Bullying is:

- Deliberately hurtful
- On-going
- Unequal and difficult to stop by the person being bullied
- Can be indirect or direct
  - ⇒ Physical (e.g. hitting or kicking)
  - ⇒ Verbal (e.g. abuse or name-calling)
  - ⇒ Non-verbal (e.g. gestures and looks)
  - ⇒ Psychological (e.g. excluding or threats)

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P urpose

Bullying is <u>not:</u>

- **A one-off argument or fight**
- **A friend sometimes being nasty**

At Kingswood Primary Academy, we take bullying very seriously. We do not tolerate bullying in any form and teach all children that no-body deserves to be bullied.

We are a TELLING school: we encourage all members of our school community to report bullying.
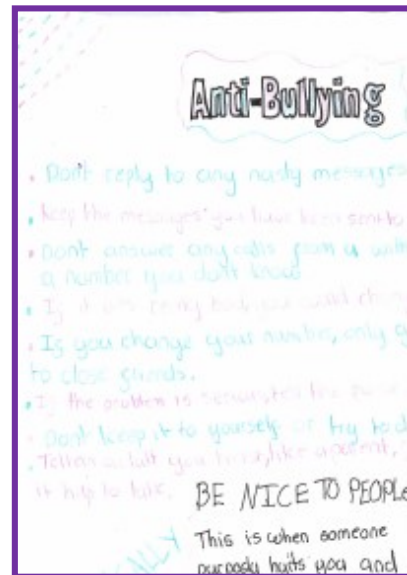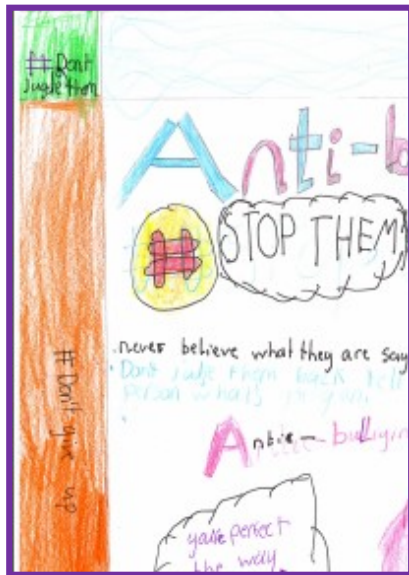
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Bullying Roles and Behaviours

We do not talk about 'bullies' or 'victims'. This is because words like these label people. We are talking about behaviour, not a fixed way a person *is.* We are all capable of bullying behaviour.

There are different roles within bullying.
- The ring-leader
- Assistants who actively join in the bullying Defenders who try to stop the bullying or comfort pupils who are bullied.

Bullying is deeply damaging for both the person being bullied and the person doing the bullying.

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Whole school Anti-bullying work

Throughout the year, we teach our children about the social and emotional aspects of learning. This involves assemblies and class work, which develop social, emotional and behavioural skills in children:

- ⇒ **Self-awareness**
- ⇒ **Managing Feelings**
- ⇒ **Motivation**
- ⇒ **Empathy**
- ⇒ **Social skills**

National Anti-Bullying week usually takes place in November. At CorbyPrimary Academy, we link a whole school anti-bullying campaign with the Jigsaw PSHE curriculum activities: 'Say No to Bullying'. We teach the children about what bullying means and how bullying makes people feel.

Our School Council regularly discuss our Anti-Bullying work and Policy.

We will help all children involved in bullying and involve their parents/carers in our programmes of support.

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What to do if your child is being bullied

⇒ Help your child to talk to you.
⇒ Praise your child for telling you.
⇒ Help your child feel valued and important.
⇒ Make sure your child knows who to go to for help.
⇒ Tell your child you need to involve the school.
⇒ Collect any evidence e.g. who did what, when, and what was said and done.
⇒ Keep any text messages, emails or website comments.

What to do if your child is a witness to bullying

⇒ Help your child to tell you what is happening.
⇒ Remind your child that they are not 'grassing', they are helping stop a dangerous situation.
⇒ Talk to your child about what they can do to help a child who is being bullied:
⇒ tell a teacher what is going on
⇒ be friendly to the other child
⇒ include the other child in games

What to do if you are told your child is bullying others

⇒ Listen to their side of the story.
⇒ Try not to call them a 'bully' – it is a label that sticks.
⇒ Remind them that you love them – it is the behaviour that you do not like.
⇒ Talk to them about other people's feelings and how much their behaviour hurts, upsets and frightens the person they are bullying.
⇒ Talk to them about anything that is making them unhappy or angry.

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Cyber-bullying - bullying that occurs via mobile phone or the internet

Key rules for your child

⇒ Think before you send a picture or message about yourself or any other person. It doesn't take long for it to be shared with every single person you know. What you think of as a joke might be really upsetting for the other person.

⇒ Never give out personal information when it can be shared with others. You may trust your new friends but you don't know his or her friends.
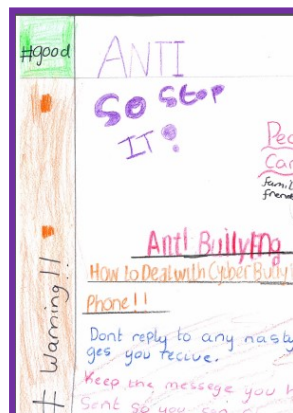
⇒ Treat your password like your toothbrush – don't share it with anyone!

⇒ If you receive nasty messages, texts, comments etc. block the person sending them and always report it to an adult (your parent, teacher).

⇒ Don't reply to a bullying message but do keep it – whether it is a picture, message or online posting.

If your child is being cyber bullied

• Make sure your child does not retaliate or reply to cyber bullying 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.

• Save evidence of offending emails, text messages or online conversations.

• Report cyber bullying. You can report the incident to school, the website or service provider, and, in serious cases, the police.

For more information on Anti-Bullying at Corby Primary Academy, please see our Anti-Bullying Policy

Helplines and websites:

www.bullying.co.uk

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

Parentline Plus
- National charity that works for and with parents. www.parentlineplus.org.uk call 0808 800 2222 for immediate support and advice for parents, 24 hours a day, 7 days a week.
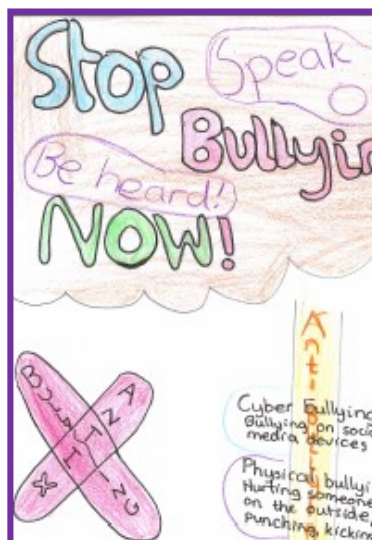
Kidscape: www.kidscape.org.uk 08451 205 204
- A telephone helpline for parents and carers of bullied children

CyberMentors: www.cybermentors.org.uk
- Safe social networking site providing support for young people affected by bullying. Young people aged 11-25 are trained as Cyber Mentors so they can offer support and advice.

The Child Exploitation and Online Protection Centre (CEOP) www.thinkuknow.co.uk
- Organisation dedicated to stopping sexual abuse of children – also provides h Help and advice on cyberbullying website for children and young people about staying safe online

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RESPECT
Each Other

RESPECT
Our Environment & Community

RESPECT
Yourself