



# **Anti-Bullying Advice and Guidance for parents and carers**



**NEVIL ROAD INFANT SCHOOL**

# Our School

At Nevill Road Infant School, we want every child to feel happy, safe and supported at school so they can thrive and achieve their best. We work hard to prevent, stop and respond to any form of bullying, but it does occur amongst children and young people and we all need to work together to ensure they have our support to resolve it.

We have a zero tolerance of any prejudice-based behaviour throughout the school and ensure all children are aware of this.



This leaflet aims to give you the information you need as parents and carers to work with the school and to help support your child and resolve any issues around bullying should they occur.

## What is bullying?

**Bullying is behaviour by a person or group, repeated over time that intentionally hurts others either physically or emotionally. Bullying can take many forms and includes cyber-bullying via social media or the internet.**

Bullying is not an argument or a disagreement that happens even if it becomes physical or children are very distressed and upset. It is important to remember that it is:

- done on purpose
- repeated over time
- physical and / or emotional

Bullying can be name calling, making fun of others, hurting someone physically, damaging property on purpose, making up rumours, ignoring all of which are distressing and unacceptable. Bullying often comes from prejudice against another person's belief, race, religion, gender, gender identity, sexual orientation or disability. It might come from simply being different or perceived as being different or no reason at all.



## How do I know if my child is being bullied?

Quite often children will give us the signs if they are experiencing a difficult or distressing time either at school or at home.

Some common signs:

- upset at walking to school

- refusing or not wanting to come to school
- a sudden down-turn in learning
- withdrawn and distracted
- not sleeping well
- unusually emotional

In fact, any kind of behaviour that is unusual for your child will likely be a sign that something is not going right. Always check with your child's class teacher to see if they have spotted anything unusual.

## What should I do if I think my child is being bullied?

The most important thing to remember is to stay calm; if your child sees you becoming angry or upset, anxious or worried they may notice these behaviours and not tell you everything that has happened or is happening.

You must make sure your child understands that you believe them and that what is happening is unacceptable. Reassure your child that they are being very responsible and brave to tell you and that there will be times when you need to speak with the school. Let your child know that you are going to keep a log of any incidents and that times may get harder at first, but it will get better and you are there to help and support them.

At Nevill Road Infant School, we would fully expect you to make contact with us and arrange an appointment to speak with your child's class teacher.

## Working with us

Bullying is a very emotive issue and in recognising this we must all remember to think about what we are saying, how we are saying it and remain calm and polite. We are here to help, support and ultimately resolve any kind of bullying issue that we become aware of.



### What can you expect?

- we will make time and space to listen to you
- we will record the reported incident formally
- we will investigate any claims and record the findings - we will ensure that all key staff (teachers, midday staff and senior staff) are aware and extra vigilant
- we will report back to you within 48 hours

### What do you need to remember?

- it is probably the first time we have heard of an issue and will need some time to respond
- we will always be supportive
- your child may not be telling you all of the facts
- bullying can often be a complex matter and can take time to fully resolve
- we may not be able to tell you all of the actions we have taken or plan to take

### What should you avoid doing?

- becoming aggressive with school staff
- blaming others
- posting concerns on social media e.g. Facebook

- discussing matters in the playground
- dealing with the child or the parents / carers directly

#### What should I do if my child is the bully?

- remember that they need support just as much as everyone else
- ask your child to explain matters
- ensure they understand that a bullying, prejudiced or violent response is never ok
- talk to them about how bullying affects people
- support them to find ways of making things right again
- praise their positive and responsible efforts
- work with us at school
- make sure they are not witnessing aggressive behaviours at home or on screen

If at any stage, you feel the school are not working to resolve the issue please speak with a senior member of staff, the chair of governors or the local authority this is more fully explained in our complaints procedure.

## **Bully-proof the children**

The best way for us to work together to rid ourselves of any bullying or prejudice-based incidents is to ensure we educate the children and teach them to be respectful of themselves and each other. Any child can be bullied or be a bully, the support we offer them however can help reduce the impact.

At home, echo the work the school does by showing your support and having the same conversations. Lead by example and ensure your children see how you deal with matters calmly, positively and in an empowered way.

#### Suggestions ...

- encourage friendships and relationships that are positive
- ensure children can talk about their feelings honestly but tactfully
- develop respect for themselves and others - show positive body language
- discourage reactive behaviour that is aggressive or violent
- be brave to talk about bullying and feelings

#### E-Safety

With more and more children readily accessing the internet and social media there is an increasing need to ensure children are safe on line.

Some simple ideas to help at home:

- do not ban the internet or smart technology; ensure children know how to use it safely and appropriately
- ensure parent controls and passwords are in place
- make sure children know not to say or post anything they would not like their parent, grandparent or teacher to see
- remember age limits for social media sites and apps
- never share personal details
- stay in public areas of chat rooms
- never respond to abusive messages (learn how to do a 'screen capture')
- tell an adult if something makes them feel uncomfortable

