**Let’s Stop Bullying**

**Tell! Tell! Tell!**

**Bullying is Wrong**

Nobody has the right to hurt other people by hitting them, calling them names

Spreading rumours about them or by doing anything else which is intended to harm them.

**If You See Bullying In School:** Tell your Teacher, Mr Nicolson, Mrs Marigo,

 Mrs Walker or any member of staff.

**What To Do If You Are Bullied**

* Talk to someone you can trust: a teacher, parent, older friend or relative.
* Be persistent, if the person you talk to can’t help don’t give up try someone else.
* Most importantly do something. Sometimes bullying stops quickly but doing nothing means it may continue until someone is seriously upset or hurt. That could be you or the bullies could find new victims, if they are not challenged.

**What Not To Do If You Are Bullied**

* Don’t try to deal with the problem on your own; there is nothing wrong with asking for help.
* Don’t hit the bullies; you might end up being accused of bullying yourself.
* Always tell the truth about what has happened. Don’t exaggerate. If a small part of what you are saying is shown to be untrue, then it throws everything else in doubt.
* Don’t believe all the lies the bullies tell about you.
* Don’t hide what is happening from the adults you trust. Keeping things secret is the bully’s biggest weapon against you. That is why they go to so much trouble to try to stop you telling.

  **Lorne Street Primary School**

 

 **PARENT GUIDE TO ANTI-BULLYING**

On the whole we believe that our pupils maintain high standards of behaviour.

However we know that we can never be complacent because bullying

can take place where any group of children gather.

**What is Bullying?**

Bullying is the intentional abuse of power used to cause harm to others.

It is cruel, aggressive or oppressive behaviour.

It can take many forms:-

Physical - Hitting, Kicking

Verbal - Name calling, Spreading Rumours

Gesture - Threatening behaviour, intimidation

Exclusion - Isolating an individual

Extortion - Demands for money, sweets etc.

Bullying is defined as a repeated, deliberate act of aggression.

It can be carried out by an individual or a group. At its worst it can disrupt a child’s whole life.

**Prevention of Bullying**

Bullying must not be accepted by pupils, parents or staff. It will not stop on its own.

If you have any concerns in this area, please get in touch with the school early and

ask to speak to a member of the Management Team.

**Our main aim will be:** To stop the bullying without the bully having cause to blame the victim for any action taken by the school.

**What the School Does**

* We work to develop an anti-bullying climate throughout the school by promoting equality and nurturing a sense of identity and belonging for all.
* We Work to develop the self-esteem and confidence of all children.
* We encourage a telling culture.
* We do several lessons on the subject of bullying in every class each year
* We investigate and record all incidents of bullying
* We aim to change the bullying behaviour by using some of the following approaches:
* Staying calm and not over reacting
* Asking teachers and playground supervisors to keep an eye on the situation and report
* Avoid accusations or threats
* Having the aim of enlisting co-operation without building resentment
* Doing our best to sort out the problem not establish guilt
* Using sanctions if the above are unsuccessful
* We will let you know what happens
* We will ask you to keep us informed
* We will inform parents/carers of any incidents of bullying we are investigating

**What You Should Do**

Be aware of possible warning signs such as significant changes in behaviour, nervousness, loss of confidence, becoming withdrawn, not sleeping well and being unable to explain.

**Support Your Child**

* Be Patient – make time to listen to your child
* Ask questions sensitively – don’t interrogate!
* Be careful not to say anything which will make your child feel worse or more alone.
* Do not take action before you discuss with your child what you could do and what he/she could do.
* Do not make promises you cannot keep. Remember that if a child is in danger, whether from an adult or another child, you must act even if the child wants you to do nothing.
* Reassure your child that he/she has done the right thing by talking about what has happened.
* Emphasise that bullying is wrong and that bullies must change their behaviour.

**Talking to the School**

Speak to a member of the management team. Give us any information you have including details of what happened, time, place and names. Remember your child may not have told you all the facts. This will make it easier for us to take action which will not rebound on your child