



Strandtown Primary School

*At Strandtown PS we are proud to provide a safe, stimulating and inclusive learning environment where every member of our community is valued and respected. We listen to each other and every voice is heard.*

*Our broad, balanced, creative curriculum and enrichment activities provide opportunities for all to achieve and succeed.*

*We celebrate our achievements, differences and cultural diversity. Together we take pride in making a positive contribution to our school and the wider community.*

### What is bullying?

Bullying is not a one-off incident of name-calling, arguing or fighting.

Bullying is conscious, deliberate and calculated and is usually repeated over a period of time. It involves an imbalance of power and can lead to feelings of fear, worthlessness and depression and can have lasting effects.

To tackle bullying, parents and schools need to work in close partnership.

Bullying may take a variety of forms, including the following:

- Physical bullying**     hitting, kicking, pushing, stealing
- Verbal bullying**     name calling, swearing, persistent teasing, sarcasm, spreading rumors
- Emotional bullying**   leaving someone out, ridicule, threatening looks and gestures, hiding/stealing belongings etc.
- Racist**                     gestures, taunts

### Cyberbullying/Text Bullying



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Bullying can also occur through your child's mobile phone and via the Internet.

It is crucial to monitor your child's use of chatrooms or instant messaging systems.

If your child does receive nasty or threatening messages from another child at Strandtown PS, retain evidence and please inform the school straight away.

### Why do Children Bully?

Children bully for many reasons, including.....

- They may be unhappy or going through a difficult time
- To make themselves more popular
- To gain a sense of power or control
- Pressure from friends



Bullies must not be allowed to continue behaving in this way, but they also need help to change.

### What signs should parents look for?

If you think your child may be being bullied, these are some possible signs to watch out for. Your child may.....

- be frightened to walk to or from school
- Not want to go to school
- Become withdrawn
- Change their usual behaviour
- Cry themselves to sleep
- Begin to do poorly in schoolwork
- Come home regularly physically hurt or with damaged clothes
- Stops eating

## How do you support your child if they are being bullied?



- Reassure your child that they have done the right thing in telling.
- Talk calmly with your child and listen to what they say.
- Explain to your child that they must report any further incidents.
- Make an appointment straight away to see your child's teacher—do not approach the bully or their parents.

## How do you support your child if they are bullying others?

- Listen to your child's explanation.
- Explain why their behaviour is unacceptable.
- Praise and encourage positive behaviour.
- Talk regularly to your child's teacher about their behaviour.

Strandtown PS recognizes the harmful effects of bullying and will actively work to minimize the risks. Both victims and offenders need to be treated fairly and in supportive manner.

## Aims

1. To prevent and reduce bullying in any form.
2. To increase awareness of the seriousness of bullying.
3. To ensure that everyone is treated with respect in a safe and secure environment.

## Further Information and Advice

Below is a list of helplines and websites which can offer valuable support to parents and children. Our Anti-Bullying guidance is on our website and accessible for all to read.

Childline	0800 1111	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Kidscape	0207730 3300	<a href="http://www.Kidscape.org.uk">www.Kidscape.org.uk</a>
Family Lives	0808 800 2222	<a href="http://www.bullying.co.uk">www.bullying.co.uk</a>



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## Anti-Bullying A Guide for Parents