

### **Talking to your child if they have been bullied.**

- Reassure your child that they have done the right thing by telling you
- Calmly talk with your child about the experience
- Make a note of what they say, particularly who was involved; where it happened; what happened; how often it has happened
- Tell your child that if it happens again they should tell a member of staff immediately.
- Make an appointment to see your child's teacher
- Explain the problems your child is having to the teacher
- Do not approach the child or their parent yourself.
- Stay in touch with the school – let us know if things improve as well as if problems continue.

### **Why children are sometimes hurtful**

- They do not understand their behaviour is wrong.
- They are copying older people whom they admire.
- They have not yet learnt better ways of mixing with school friends.
- Their friends encourage them.
- They are going through a difficult time and acting out aggressive feelings.
- Their body is responding to hormone changes.

### **If your child is bullying or hurting other children**

- Talk with your child
- Tell them that what they are doing is unacceptable and making other children unhappy.
- Make an appointment to see your child's teacher and explain the problems your child is experiencing
- Discuss with the teacher how you and the school can stop the bullying.
- Regularly check with your child how things are going at school.
- Praise and encourage your child when they are kind to other people.
- Show your child how they can join in with other children without bullying
- Discourage other family members or adults from bullying behaviour or from using aggression or force to get what they want.

**Thank you for taking the time to read this leaflet. Your children are very precious to us. Together, we can work in partnership to ensure that Jenyns First School and Nursery continues to be a safe and secure environment for all children to learn and reach their potential.**

# **Anti-Bullying Leaflet for Parents**



Bullying is rare at Jenyns First School and Nursery. We aim to help children develop skills to deal with relationship difficulties. This leaflet is designed to explain how we deal with hurtful behaviour and bullying.

‘Pupils’ behaviour is good. They are friendly, well-mannered and support each other well in class and in the playground. Outstanding pastoral care by all staff creates a warm, welcoming environment where pupils feel safe and their learning flourishes’ OFSTED 2013

## What is Bullying?

Bullying is defined as **deliberately hurtful behaviour** with the **intention to harm, repeated** over a period of time, where it is difficult for those being bullied to defend themselves. Hurtful behaviour that could contribute to bullying includes:

- Physical – punching, kicking, spitting, hitting, pushing, taking belongings.
- Emotional – hurting feelings, excluding.
- Verbal - teasing, insulting, making offensive remarks, spreading rumours.
- Cyber – aggressive, intentional act carried out by a group or individual, using electronic forms of contact such as text, email, Facebook.

Hurtful behaviour can be related to individual characteristics. At Jenyns First School and Nursery children and adults are treated equally regardless of

- Ethnic origin or colour
- Nationality
- Gender
- Sexual orientation
- Gender identity
- Disability
- Religion
- Special Educational Need

## Prevention of Bullying

All staff model inclusive, positive behaviour. Through PSHE, circle times and assembly children are taught to accept each other and behave in socially acceptable ways. Children are taught about the Jenyns School Values of

- Respect
- Thoughtfulness
- Tolerance
- Care
- Determination
- Courage
- Perseverance
- Adaptability
- Friendship
- Independence
- Kindness
- Resilience

Children are praised for demonstrating these values. Please encourage your child when they show these values at home.

We have a child-friendly anti-bullying policy and we will teach children why they should be kind; how to react if others are unkind and what to do if they see bullying or hurtful behaviour.

## How do you know if your child is being bullied?

Sometimes children do not talk to their parents or carers because they do not want to upset them, or they think it will make the problem worse.

However, if you suspect that your child is being bullied, there are signs to look out for, according to the NSPCC. These include:

- A change in your child's behaviour.
- Not making eye contact when asked about their day.
- Coming home with damaged or missing clothes; without money they should have; or with scratches and bruises.
- Feeling irritable, easily upset or particularly emotional.
- Using a different route from home and school.

**Talk to your child and contact school if you have any concerns.**