

## ***IS MY CHILD BULLYING OTHER CHILDREN?***

### ***Children sometimes bully others because .....***

- they don't know it's wrong
- they are copying other people whom they admire in some way
- they haven't learnt other better ways of mixing with their school friends
- their friends 'egg' them on
- they are going through a difficult time and are acting out aggressive feelings

### ***To stop your child bullying others .....***

- talk with him/her and explain that what s/he is doing is hurtful and making others very unhappy
- discourage other members of the family from using bullying or aggressive behaviour
- talk through with your child how s/he can stop
- make an appointment to see the class teacher and discuss how the school can help
- help your child understand that s/he may 'be punished' and have to make amends
- give your child lots of praise and encouragement when s/he is co-operative and kind to others

Online support is available from:

[www.childline.org.uk](http://www.childline.org.uk)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.bbclic.com](http://www.bbclic.com)

## ***SAY 'NO!' TO BULLIES!***



## ***Information for parents***

## **WHAT IS BULLYING ?**

The Anti-Bullying Alliance defines bullying as :  
' *the intentional, repetitive or persistent hurting of one person by another, where the relationship involves an imbalance of power.* '

Bullying can be done face to face, through third parties or by sending messages. It can be physical and emotional, including:

- name-calling
- taunting
- threats
- mocking
- making offensive comments
- kicking
- hitting
- pushing
- taking and damaging belongings
- gossiping
- excluding people from groups
- spreading of rumours
- sending spiteful/threatening notes, emails or texts



## ***If your child has been bullied ..***

- Calmly talk with your child about his/her experiences
- Make a note of what your child says. Find out –
  - what has happened?
  - how often this has happened?
  - who was involved / where it happened?
  - what did your child do about it?
- Reassure your child that s/he has done the right thing to tell you about the bullying
- Explain to your child that s/he should tell the teacher about it or an adult within the school that they feel comfortable with
- Make an appointment to see the class teacher or a member of the Pastoral Support Team

## ***When you talk to teachers .....***

- Stay calm – the teacher may not know of the incidents or may have conflicting accounts of the incident
- Be specific about what your child has told you
- Ask if there is anything you can do to help
- Keep in contact with school and let us know if things improve

## ***Please remember :***

We are on the same side.

## **The school does not tolerate bullying ...**

but it can take time to get all the information and facts correct.

