

What is Bullying??

Bullying is the **persistent** and **intentional** desire to hurt, threaten or frighten someone.

Bullying behaviour may take different forms.

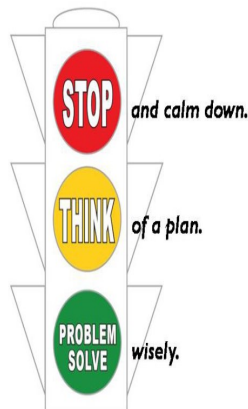
Physical: For example hitting, kicking pushing or threatening.

Verbal: For example Name calling or teasing

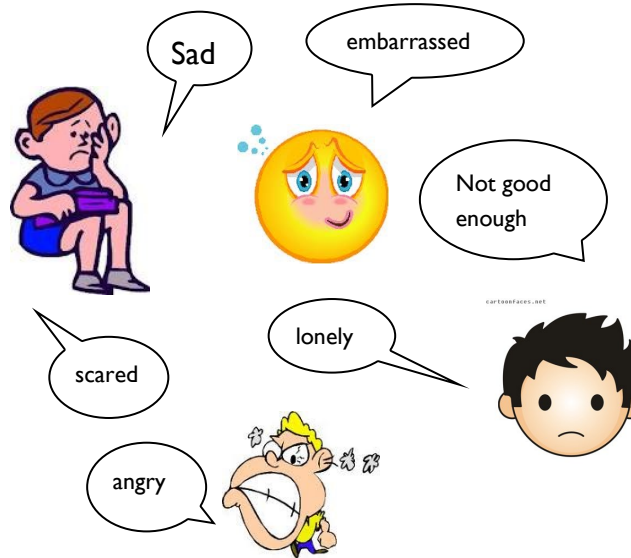
Emotional: For example leaving somebody out or spreading nasty rumours.

Remember: Children often fall out or get into little squabbles.

But if a child is repeatedly singled out and finds it difficult to stand up for themselves then he or she is being bullied.



What might a child feel like if they are being bullied?



What can a child do at Arden if they think they are being bullied?



As a parent, How do you know if your child is being bullied?

- They may tell you.
- Their behaviour may change. They may become withdrawn or aggressive.
- They may not want to come to school or play out.
- They may complain of feeling ill.
- They may become clingy.
- School work may suffer.

REMEMBER: If your child shows these signs bullying may be the cause but equally they may indicate other problems.

How does bullying make parents feel?

Parents may feel angry or upset. They may feel anxious about letting their child come to school. Parents may feel guilty that they have not noticed the problem or that their child has not confided in them. Parents of bullies may be shocked that their child is capable of hurting or upsetting others. It can be hard to admit that your child is a bully.

What can you do if you think your child is being bullied?

- Try to remain calm. Make time to listen to your child's feelings.
- Let your child know they were right to tell you.
- Believe your child but be open minded in case there has been a misunderstanding. Find out exactly what has been going on.
- Reassure your child and let them know you will help them to sort it out
- Encourage them to tell an adult at school or write it down.

What can you do if you think your child is bullying others?

- Try to remain calm. Make time to talk and listen to your child.
- Be open minded in case of misunderstandings,
- Reassure your child that you love them but that their behaviour is not acceptable.
- Try to point out how the victim feels.
- Let your child know bullying is serious.

CONTACT SCHOOL AND SPEAK TO YOUR CHILD'S TEACHER AS SOON AS POSSIBLE.

Follow up with school regularly to check the situation has improved.

REMEMBER: Fighting back is not the answer!

What Arden Primary School will do

At Arden staff recognise that bullying can happen. Staff will

- Listen to children
- Listen to parents and take concerns seriously
- Investigate all incidents as soon as possible
- Offer support to the victim and the bully.
- Use circle time to talk about issues and discuss differences.
- Keep in touch with parents.
- Monitor the situation.

We will use questionnaires to monitor bullying in school. We will organise anti-bullying week to raise awareness.

Bullying can happen in any situation, at school, in your neighbourhood or to adults in the work place.

Remember: NO ONE DESERVES TO BE BULLIED.

Below are some useful contacts.

Childline: 0800 1111
Parentline: 0808 800 2222
Victim Support 0161 477 9597
Racist Crime Call Centre 08900 138 1666



Arden Primary School

A leaflet on bullying for parents and pupils



BULLYING WILL NOT BE TOLERATED AT ARDEN.

This leaflet has been produced with help from the school council to help children and parents work together with the school to challenge any bullying behaviour and show that it will not be tolerated.