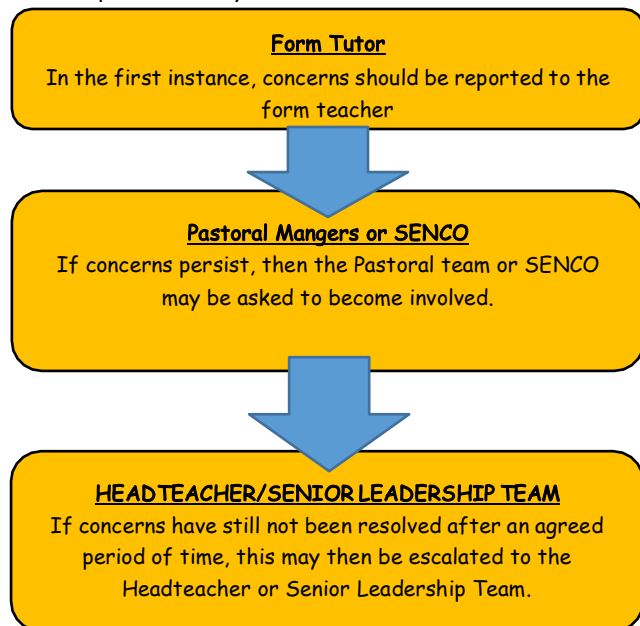


WHAT SHOULD I DO IF I THINK MY CHILD IS BEING BULLIED?

Concerns can be reported to any adult in school. We recommend the following procedure:



The Pastoral Managers, SENCO or Headteacher or SLT may become involved at **any point in the process** if deemed appropriate.

PARENTAL CONDUCT

Issues linked to behaviour and/or anti-bullying can often be very upsetting for all parties involved. The school strongly encourages families to come and talk to a member of staff who will be able to support you. Approaching other families and children out of school/in the playground can often be unhelpful in resolving the process and can cause more upset. School will listen to, work with and support families of all children in reviewing and resolving issues.

Behaviour Management and Anti-Bullying



Guidance for Parents and Carers

Please also refer to the following documents, available on the school website:

- Anti-Bullying Policy
- Peer Relationships and ASD

WHAT IS BULLYING?

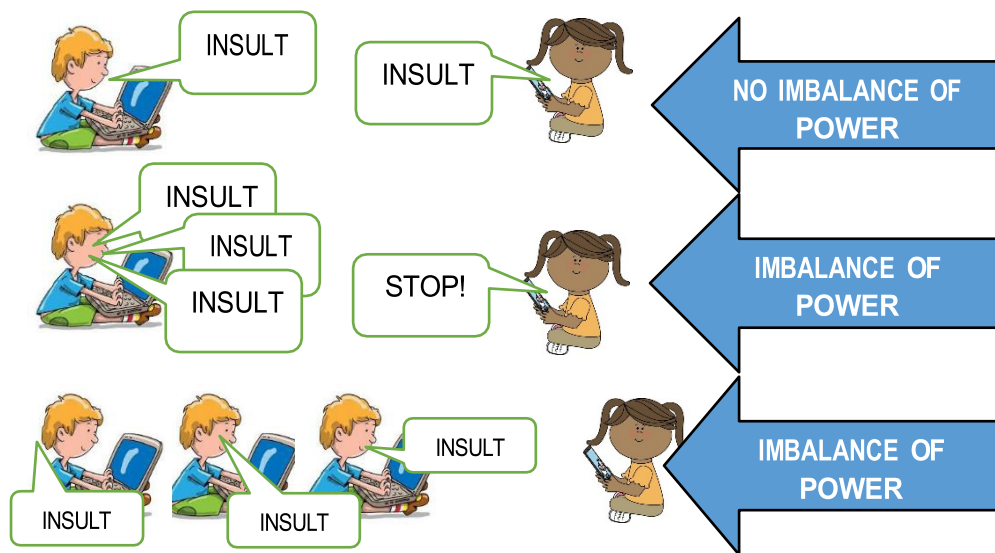
Bullying is the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. It can happen face to face or online.

BULLYING VS FRIENDSHIP 'FALL OUTS'

Occasionally, the word 'bullying' can be used incorrectly. Bullying can differ from other incidents and friendship 'fall-outs' and it is important that the word is used correctly.

Bullying is when:

- There is a **deliberate** intention to hurt or humiliate.
- There is a **power imbalance** that makes it hard for the victim to defend themselves.
- It is usually **persistent/repetitive**.



TYPES OF BULLYING

Bullying can be:

- **Physical:** pushing, poking, kicking, hitting, biting, pinching etc.
- **Verbal:** name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- **Emotional:** isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- **Sexual:** unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- **Online/Cyber:** posting on social media, sharing photos, sending nasty text messages, social exclusion
- **Indirect:** can include the exploitation of individuals.
- **Hate Crime:** when someone bullies you or commits a crime against you because they perceive you to be different in some way. For example, because of your sexual orientation, gender identity, race, religion or disability. For a hate crime to take place, it does not always have to involve physical harm or violence. If someone is harassing you, using offensive language towards you or posting abusing messages about you online, then this counts as a form of hate crime.

PREJUDICE RELATED LANGUAGE

It is the school's policy to challenge any language used by staff, parents or pupils that may be perceived as 'prejudice related language'. This includes the following areas:

- Age.
- Disability.
- Gender reassignment.
- Marriage and civil partnership.
- Pregnancy and maternity.
- Race.
- Religion or belief.
- Sex

IMPACT OF BULLYING

Anyone on the receiving end of bullying or hate crimes can experience low mood, anxiety, feelings of worthlessness and low self-esteem. Bullying and hate crimes in any form are unacceptable and hurtful. It is everyone's responsibility to make sure that no one has to live in fear of being hurt, harassed or victimised because of who they are.