



Bullying: Information for Parents

Issue:

Bullying is when individuals or groups seek to harm, intimidate or coerce someone who is perceived to be vulnerable (Oxford English Dictionary, 2020).

It can involve people of any age, and can happen anywhere – at home, school or using online platforms and technologies (cyberbullying). This means it can happen at any time.

Bullying encompasses a range of behaviours which may be combined and may include the behaviours and actions we have set out below.

Verbal abuse:

- name-calling
- saying nasty things to or about a child or their family.

Physical abuse:

- hitting a child
- pushing a child
- physical assault.

Emotional abuse:

- making threats
- undermining a child
- excluding a child from a friendship group or activities.

- **Cyberbullying/online bullying:** excluding a child from online games, activities or friendship groups
- sending threatening, upsetting or abusive messages
- creating and sharing embarrassing or malicious images or videos
- 'trolling' - sending menacing or upsetting messages on social networks, chat rooms or online games
- voting for or against someone in an abusive poll
- setting up hate sites or groups about a particular child
- creating fake accounts, hijacking or stealing online identities to embarrass a young person or cause trouble using their name.
- Bullying can be a form of discrimination, particularly if it is based on a child's disability, race, religion or belief, gender identity or sexuality.

Children who bully others may not understand that they are making life difficult for another child, and may find this realisation very distressing. It can be difficult for them to get the support they need to change their behaviour (NSPCC, 2016).

When posting online, children may not consider the impact their actions will have on others. Some children may be more likely to engage in bullying behaviour online as they can create anonymous accounts which may make them feel as if they can't be 'found out'.

What to do if you are concerned your child is being bullied

Speak to your child's class teacher, a member of the senior leadership team, or the behaviour Lead

What to look for

Signs and indicators

Indicators that a child could be experiencing bullying include:

- being reluctant to go to school
- being distressed or anxious
- losing confidence and becoming withdrawn
- having problems eating and/or sleeping
- having unexplained injuries
- changes in appearance
- changes in performance and/or behaviour at school.

Please note, this lists is not exhaustive.

What the school is doing:

Encouraging children to share their feelings via worry boxes, use of visuals for children not able to communicate their feelings

ELSA sessions for specific children

Anti-bullying week

Restorative approach

Core value assemblies