

## How Do I Know If My Child Is Being Bullied?

If you think your child may be being bullied, look out for:

- ◆ behaviour changes,
- ◆ Withdrawn / quiet
- ◆ not wanting to go to school,
- ◆ lots of stomach-aches, headaches or non-specific illness.

Sometimes these ailments will be real, and sometimes they may be made-up, but whether the illness is real or not, the worry certainly is, so it needs to be taken seriously.

Help your child to talk to you. Use books and TV plots to open up discussions about bullying. With younger children dolls, teddies or puppets are a good way to help them talk about their worries and feelings.

## What Should I Do If I think My Child Is Being Bullied?

Your child may not tell you or us that he or she is being bullied. If you suspect it is happening, look out for the signs (see above).

- ◆ Do not get angry or threaten to visit the school or parent of the other child - this will only frighten your child further.
- ◆ Praise your child for telling you and reassure them that they have done the right thing.
- ◆ Listen to your child, accept your child's feelings and encourage them to talk about their worries - however minor it may seem to you the feelings are very real for them.
- ◆ Don't jump in with advice or try solve the problem for them. Listen to their ideas, unless they are likely to end up in serious danger or trouble.
- ◆ If you tell your child to fight back or say something 'clever' to the bullies they may well end up feeling twice as bad. Not only are they being bullied, but they have failed to stop it as well.
- ◆ Work doubly hard to help them feel valued and important.
- ◆ Tell your child that you have to inform your child's class teacher at this point and agree how you can do this in the best way so your child does not feel anxious about this happening.
- ◆ **TALK TO STAFF IN SCHOOL!**

# Holy Cross Catholic Primary School



## Anti-Bullying Information For Parents/Carers

## What Is Bullying?

### Different Types Of Bullying:

Physical bullying

Emotional bullying

Cyber bullying

## What Does School Do About Bullying?

We think about Anti Bullying through our curriculum particularly during PSHE lessons, by celebrating Anti-Bullying Week and completing work on Cyber-bullying and E-Safety throughout the year.

### *This work helps us to stop bullying happening by:*

- ♦ Helping children to understand how bullying feels for the person being bullied;
- ♦ Making sure that all children feel confident about telling an adult when they know that bullying is occurring
- ♦ Making sure that all children know exactly what to do if they are being bullied, and feel confident that something will be done to stop it;
- ♦ Helping children enjoy, celebrate and respect the ways we are all different, as well as the ways in which we are similar, and to feel good about themselves.

We have an Anti-Bullying policy which explains the process taken by staff when bullying is reported. This can be found on our school website.

## How Can I Help At Home?

The most important things that you can do to help your child to understand, help prevent, and deal with bullying are to:

- ♦ Know what your child will be learning about bullying at school (by reading this booklet or looking at the school's website);
- ♦ Encourage and support them to try out the skills they are learning in school;
- ♦ Be a good role model in the way you talk about others - so your child will learn that everybody deserves respect;
- ♦ Model empathy for others - talk about how other people might feel in different situations;
- ♦ Talk openly about what bullying is - identifying the clear differences between a one off incident/ consistent hurtful behaviour
- ♦ Make it safe for your child to share their worries about bullying with you, so they know they can rely on you to listen to them and support them.