

## **BULLYING: INFORMATION FOR PARENTS/CARERS**

Every school must have an anti-bullying policy that sets out how it deals with any incidents of bullying. If your child is being bullied, or is bullying, you should talk to your child's school.

In order to help combat bullying the Department for Education and Skills (DfES) has issued guidance to all schools entitled "Don't Suffer in Silence", which forms the basis for all schools' anti-bullying policies.

Bullying can be defined as deliberately hurtful behaviour and repeated over a period of time, it may become difficult for those being bullied to defend themselves.

### **The three main types of bullying are:**

- Physical (hitting, kicking, pushing, biting, theft)
- Verbal (teasing, racist or sexist name calling and jokes)
- Indirect (spreading rumours, deliberately leaving a child out of group play or activities or not talking to them)

Bullying is often hidden but the emotional distress caused by any form of bullying can affect schoolwork and may also lead to your child not wanting to go to school at all. Symptoms of distress can be a change in behaviour, being tearful and over sensitive, withdrawn or having tummy ache, or feeling ill at the thought of going to school. Children often think that it is their fault that they are bullied. If it is not stopped, they feel helpless because they believe no one can protect them.

### **How you can help your child's school deal with bullying**

Parents and carers play an important role in helping schools deal with bullying. Among the things you can do are:

- if you notice something is wrong ask your child what it is
- don't ignore it, contact the school immediately if you are worried
- watch out for signs that your child is being bullied, or bullying others
- make a report of every bullying incident, what happened, who did it, who saw it, how it affected your child at the time and afterwards
- be an example to your child on how to resolve difficult situations without using violence, aggression or shouting

If you're not satisfied after talking with the teacher and you feel that your concerns have not been dealt with you could:

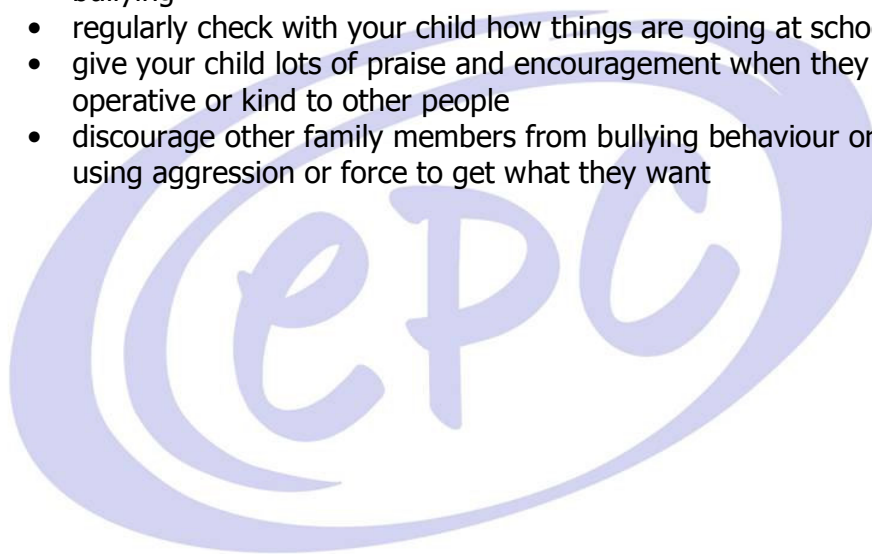
- keep a record of the meeting
- make an appointment to discuss the matter with the Headteacher
- put your concerns in writing to the Headteacher
- If this doesn't help you could write to the Chair of Governors at the school

- explain your concerns say what you'd like to see happen For further information on how to make a complaint to a school see EPPS leaflet

### **School Non-Curriculum Complaints Guidance**

Some children are involved in bullying other children. Often parents are not aware that their child is involved in bullying. If your child is involved:

- talk with them, tell them that what they are doing is not a nice way to treat someone and that their behaviour could be making other children unhappy
- show your child how they can join in with other children without bullying
- make an appointment to see your child's teacher or form tutor and explain the difficulties your child is experiencing
- discuss with the teacher how you and the school can stop them bullying
- regularly check with your child how things are going at school
- give your child lots of praise and encouragement when they are co-operative or kind to other people
- discourage other family members from bullying behaviour or from using aggression or force to get what they want



**USEFUL INFORMATION**

The Education Welfare Service  
020 3379 3336

Anti-Bullying Campaign  
10 Borough High Street  
London SE1 9QQ  
Tel: 020 7378 1446 (09:30 - 17:00)

Bullying UK  
[www.bullying.co.uk](http://www.bullying.co.uk)

Careline  
London Tel: 020 8514 1177  
Leeds Tel: 0532 302 226  
Telephone counselling for anyone experiencing bullying or other problems  
[www.carelineuk.org](http://www.carelineuk.org)

Childline 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Children's Legal Centre  
Tel: 084 120 2966 Advice line (weekdays 10:00 - 13:00)  
[www.childrenslegalcentre.com](http://www.childrenslegalcentre.com)

DfES Bullying Website provides information to parents  
[www.dfes.gov.uk/bullying](http://www.dfes.gov.uk/bullying)  
'[Bullying: Don't Suffer in Silence - information for parents and families](#)'

Kidscape  
2 Grosvenor Gardens  
London SW1W 0DH  
Tel: 020 7730 3300  
Publications and advice  
Bullying counsellor available Mondays and Wednesdays  
[www.kidscape.org.uk](http://www.kidscape.org.uk)

Parentline Plus  
Endway House, Endway  
Hadleigh  
Essex SS1 2AN  
Tel: 0808 800 2222  
[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)