

ADVICE & GUIDANCE FOR PARENTS

If your child believes he/she has been bullied:

- Calmly talk to your child about his/her experiences.
- Consider if what your child is describing is bullying— whilst supporting your child, be objective. (Friends can often fall out with one another and this is not necessarily bullying).
- Make a note of what your child says—including how often the behaviour has occurred, where it happened, who is involved. Keep a record of any future incidents.
- Inform the school—**via your child's class teacher.**
- Reassure your child that you will be working with the staff at the school to stop the bullying without making the situation worse for them.
- It is important that you advise your child not to fight or argue back. It can make matters worse.
- Tell your child there is nothing wrong with them It is not their fault that they are being bullied.

Make sure your child is fully aware of the School policy concerning bullying, and that they should not be afraid to ask for help.

If you feel that the matter has not been fully resolved by the class teacher, please inform the headteacher.



DEALING WITH INCIDENTS

If bullying is suspected we talk to the suspected victim, the suspected bully and any witnesses. If bullying is identified, the following action may be taken:-

Help, support and counselling will be given, as appropriate, to both the victim and the bully.

We support the victims in the following ways:

- by offering him/her an immediate opportunity to talk about the experience with their class teacher or another teacher if they choose.
- informing the victim's parents/guardians.
- by offering continuing support when he/she feels they need it.

We discipline, yet try to help, the bully in the following ways:

- by talking about what happened, to discover why they behaved in this way.
- informing the bullies' parents/guardians.
- by continuing to work with the bully in order to address reasons for their behaviour, as far as possible.



ANTI-BULLYING INFORMATION FOR PARENTS & CHILDREN



Telephone: 01727 890440
Email: admin@gardenfields.herts.sch.uk

At Garden Fields School we believe that all children have the right to learn in a supportive, caring and safe environment without the fear of being bullied.

All schools, both large and small, contain some children with the potential for bullying behaviour.

Prevention of bullying is the school's aim. However, it is important for staff, children and parents to have strategies for dealing with bullying when it does occur. This leaflet sets out some of the ways that parents and children can work with the school to identify, prevent and deal with bullying.

Further information

Kidscape

www.kidscape.org.uk



Childline

www.childline.org.uk



Anti-bullying Alliance

www.antibullyingalliance.org



WHAT IS BULLYING?

At Garden Fields, we define bullying as deliberately hurtful behaviour repeated over a period of time, where it is difficult for those being bullied to defend themselves. It is important to make the distinction between bullying and friends falling out with each other. Falling out is an inevitable part of a children's life that they need to learn to cope with. **However if your child is constantly upset over friendship issues you should speak to the class teacher.** Bullying is neither inevitable nor acceptable. Bullying can occur through several types of anti-social behaviour. It can be:-

- ◆ Physical – a child can be physically punched, kicked, hit, spat at etc.
- ◆ Verbal – verbal abuse can take the form of name calling. It may be directed towards gender, ethnic origin, sexual orientation, physical / social disability, personality etc.
- ◆ Cyber bullying – a child can be bullied by others sending abusive text messages or e-mails or by abusive comments being made within chat rooms, such as MSN, etc.
- ◆ Damage to property or theft – children may have their property damaged or stolen from them.



ARE YOU BEING BULLIED ?

- ◆ Stay calm.
- ◆ Tell the bully to stop.
- ◆ Get away from the situation as quickly as you can.
- ◆ Tell an adult what is happening straight away.
- ◆ If you do not tell an adult your silence can be the bully's greatest weapon.

When talking to an adult:

- ◆ Explain what has happened to you.
- ◆ Explain how often it has happened, who is involved and where it happens— **be honest.**

Teachers and other adults in school will take you seriously and will deal with bullies in a way which will end the bullying and will not make things worse for you.

DO YOU KNOW SOMEONE WHO IS BEING BULLIED ?

- ◆ TAKE ACTION! Watching and doing nothing helps the bully and makes the victim feel more unhappy and on their own.
- ◆ Tell an adult.

IMMEDIATELY. Adults have ways of dealing with the bully without getting you into trouble.

Do not be, or pretend to be, friends with the bully.