



## What to do if your child is being bullied

### What actually is bullying?

Bullying is **REPEATEDLY AND DELIBERATELY** causing harm to others

This may include:

- Physical actions e.g. hitting, pinching
- Hurting others' feelings through words or actions e.g. name calling, taking things from others
- Excluding children from friendship groups in a deliberate and calculated manner
- This may occur online



### What should a child do if they are being bullied?

- Let an adult in school know
- Let an adult at home know so that adult can inform the school



### Unkindness

There are unfortunately occasions when children are unkind to one another. On the first occasion we would consider this to be unkindness. Once the school is made aware of a situation we would deal with the incident and the pupil concerned would receive a consequence for being unkind. If that situation occurred again we may consider that to be bullying.

**“Once is unkindness, twice is bullying”**

### What happens after someone reports bullying?

- A teacher will find out what has happened by speaking to everyone involved
- The teacher will let the Phase Leader know what they find and this will be recorded on the school's internal system (CPOMS)
- You and your child will be told what the school will do to stop the bullying
- The child who has been bullying will be told that there must be no further incidents and a consequence will be put in place
- The parents of the child who has been bullying will be told what has happened and what will be done to stop the bullying

### What will we do to help your child?

- We will let other adults who work with your child's class and on the playground know about the problems so that they can keep an eye on your child
- We will ask your child's class teacher to check with your child regularly that there have been no further incidents

### What will happen to a child who has been doing the bullying?

- There will be immediate consequences as per our school Positive Behaviour Policy
- We will let other adults who work with that child's class know about the problems
- Our Learning Mentor might be asked to do some work with the child to help them recognise and change their behaviour.
- For very serious incidents, the child who is bullying may be suspended from school for a fixed amount of time. This is a decision that will be taken by the Headteacher after careful consideration.

### The role of Parents/Carers

One of the most effective strategies in promoting good behaviour and dealing with any incidents of bullying is when the school and parents work closely together.