

Torre C of E Academy



Anti-bullying advice for parents



Torre C of E Academy has a rigorous anti-bullying policy. This leaflet is a guide for parents and has been written in accordance with the school policy. If you would like to read the full policy, please do not hesitate to look this up on the school website.

What is bullying?

Bullying is deliberately hurtful behaviour that is **repeated over a period** of time, making it difficult for the person concerned to defend themselves. This can take the form of name-calling, violence, making gestures, misusing technology to hurt or humiliate another person, threatened violence, isolation, ridicule or indirect action such as spreading unpleasant stories about someone.

The school works hard to ensure that all pupils know the difference between bullying and “falling out”. It is our aim that children do not use the word bullying lightly and understand the implications of raising a bullying concern.

How do we address bullying and teach our anti-bullying message:

- Class discussion and circle time
- Assemblies and visitors into school
- Through our PSHE curriculum taught as discrete lessons •
Providing child friendly leaflets situated within every classroom
- Having ALL staff aware and available to listen
- Anti-bullying posters around the school
- By working in partnership with parents and children to try to find solutions

Despite our best efforts bullying does occasionally occur. We will interview all children involved, to be sure of the facts. This is usually done individually so each child feels they can speak openly. Where possible we will use a solution based approach to stop any bullying reoccurring. Each case will be treated with the best interests of the children.

What can you do if your child is being bullied?

- Assure them that it is not their fault! No one deserves to be bullied.
- Listen to your child, giving them your full attention, and let them know how much you care about them.
- Read our anti-bullying leaflet with your child (available on the school website)
- Our school has a policy on what to do about bullying. Please make contact with your child's class teacher.
- All allegations of bullying are taken seriously and dealt with as a priority.
- Tell your child not to react because they could get in trouble too.

If your child is being a bully:

- Listen to what others are telling you about your child's behaviour.
- Calmly ask your child's opinions and feelings about the situation and share our anti-bullying leaflet with your child (available on the school website)
- Continue to show your child that you care about them. It is the behaviour that needs to change.
- Talk to your child about why they feel the need to bully another child. There are usually underlying issues.
- Help your child to take responsibility to put things right. It takes courage to apologise, so show you are proud of them for doing so.
- Discuss any issues with the class teacher, who will work in partnership with you to solve any conflict.

We ask you to support your children and the school by:

- Watching for signs of distress or unusual behaviour in your children, which might be evidence of bullying.
- Advising your children to report any bullying to their teacher.
- Advising your children not to retaliate in any way.
- Inform the school of any suspected bullying, even if your child is not involved.

Useful contacts

You can contact Childline on 0800 1111 for advice and support, or visit www.childline.org.uk for lots of ways to ask questions and get help.

