

How is bullying dealt with at Ripple Primary?

- ⇒ Children are taught how to manage bullying in SEAL lessons and during Anti – Bullying Week in November. We also have regular discussions within class about problem solving. We have performances that focus on how to handle bullying too. Each child is given a school Anti-Bullying guide which gives them tips on what to do if they are a victim of or witness bullying.
- ⇒ When allegations of bullying are made, the Social Inclusion Lead or a senior member of staff speaks to both the suspected bully, the victim and any witnesses to establish what is happening.
- ⇒ The Social Inclusion Lead meets separately with the parents of the bully and victim to share information and discuss how best to support their child.
- ⇒ A member of the Social Inclusion Team may work with the children either individually or together to resolve the problems. Where necessary, sanctions are imposed to impress upon the bully the seriousness of their actions.
- ⇒ The situation will continue to be monitored by key members of staff.
- ⇒ Share actions that have been taken to ensure the victim knows it is being addressed.

Cyber-bullying



Text-bullying

Bullying can also occur through your child's mobile phone and via the Internet.

It is crucial to monitor your child's use of chatrooms or instant messaging systems.

If your child does receive nasty or threatening messages from another child at Ripple, please inform the school straight away.

We will take this as seriously as we would an incident that occurs within school.

Further information and advice

Below is a list of helplines and websites which can offer valuable support to parents and children.

Our Anti-Bullying guidance is on our website and accessible for all to read.

Childline 0800 1111
Kidscape 0845 120 5204
Parentlineplus 0808 800 2222

www.childline.org.uk
www.Kidscape.org.uk
www.bullying.co.uk

Ripple Primary School

Anti-Bullying Guide for Parents and Carers



At Ripple Primary School we are proud to provide a safe, stimulating and inclusive learning environment where every member of our community is valued and respected. We listen to each other and every voice is heard.

Our broad, balanced, creative curriculum and enrichment activities provide opportunities for all to achieve and succeed.

We celebrate our achievements, differences and cultural diversity. Together we take pride in making a positive contribution to our school and the wider community.



What is bullying?

Bullying is **not** a one-off incident of name-calling, arguing or fighting.

Bullying is **conscious, deliberate** and **calculated** and is usually **repeated over a period of time**. It involves an imbalance of power and can lead to feelings of fear, worthlessness and depression and can have lasting effects.

To tackle bullying, parents and schools need to work in close partnership.

Different types of bullying

Bullying may take a variety of forms, including the following:

Physical bullying

hitting, kicking, pushing, stealing

Verbal bullying

name calling, swearing, racist or homophobic remarks, threats, making fun

Emotional/psychological bullying

leaving someone out, spreading rumours

Why do children bully?

Children bully for many reasons, including.....

- ⇒ They may be unhappy or going through a difficult time
- ⇒ To make themselves more popular
- ⇒ To gain a sense of power or control
- ⇒ Pressure from friends

Bullies must not be allowed to continue behaving in this way, but they also need help to change.

How might I know if my child is being bullied?

If you think your child may be being bullied, these are some possible signs to watch out for. Your child may.....

- ⇒ be frightened to walk to or from school
- ⇒ not want to go to school
- ⇒ become withdrawn
- ⇒ Change their usual behaviour
- ⇒ cry themselves to sleep
- ⇒ begin to do poorly in schoolwork
- ⇒ come home regularly physically hurt or with damaged clothes

How can I support my child if he/she is being bullied?



- ⇒ **Reassure** your child that they have done the right thing in telling.
- ⇒ Talk **calmly** with your child and **listen** to what they say.
- ⇒ Explain to your child that they must **report any further incidents**.
- ⇒ Make an appointment straight away to **see your child's teacher**—do not approach the bully or their parents.



How can I support my child if he/she is bullying others

- ⇒ **Listen** to your child's explanation.
- ⇒ **Explain** why their behaviour is unacceptable.
- ⇒ **Praise** and encourage **positive behaviour**.
- ⇒ **Talk** regularly **to your child's teacher** about their behaviour.