

If bullying is suspected we will:

- ✓ Talk to the suspected victim, and any witnesses individually
- ✓ Identify the bully and talk about what has happened, to discover why they became involved. Make it clear that bullying is not tolerated.
- ✓ If the bully owns up then sanction procedures outlined in the Behaviour Policy will be followed
- ✓ Incidents of bullying are recorded in the School Incident Log
- ✓ Keep an informal log of incidents if there are concerns
- ✓ Involve all parties together to discuss the issues if agreed by all parties
- ✓ Allow children time to sort things out.
- ✓ Support & empower children to resolve the conflict & understand their role in the issues
- ✓ Establish an agreement between the children where needed
- ✓ Inform parents
- ✓ Follow up with further discussions with individuals as and when appropriate
- ✓ When necessary support children individually or together

Support available nationwide

NSPCC/Childline Telephone: 0800 1111 Website: www.childline.org.uk

Anti-Bullying Alliance Website: www.anti-bullyingalliance.org.uk

Childnet (for info. on cyber-bullying) Website: www.childnet-int.org

CEOP Website: www.thinkuknow.co.uk

Or your child can report concerns through the use of
<https://wodensfieldprimaryschool.tootoot.co.uk/login>



Bullying Advice for Parents/Carers



WODENSFIELD PRIMARY SCHOOL



Wodensfield
Primary School

Dear Parents/Carers,

Bullying is taken very seriously at Wodensfield. We have put together this leaflet to help you identify possible signs of bullying. It is intended to complement our Anti-bullying policy, which is available at www.wodensfield.org

What is Bullying?

"Bullying is behaviour by an individual or group that happens repeatedly over an extended period of time that hurts another person either physically or emotionally."

Bullying is intentional behaviour and involves an imbalance of power between the bully and the person being bullied. **Bullying is not a one off** incident, however unpleasant. **Bullying happens persistently** and may take the following forms:

Physical: Hitting, pushing, gestures, taking belongings, unwanted physical contact.

Verbal: Name calling, sarcasm and humiliation, threats, and sexual, homophobic or racist remarks.

Indirect: Being deliberately excluded or ignored, starting or spreading rumours.

Cyberbullying: This is bullying using any form of technology. This can include: sending unwanted, abusive or threatening text messages, phone calls, emails and video clips or use of the internet to degrade and humiliate.

Bullying is never a normal part of growing up, character building or something that only happens to children. Whatever form it takes, bullying is always wrong but it can happen to anyone, both within school and outside in the wider community at any time.

How would I now if my child is being bullied?

The following signs may give an indication that a child or young person is being bullied:

- Poor school attendance, lateness, refusal to attend school or truancy.
- Deterioration in schoolwork and concentration levels.
- Withdrawal from social situations; refusal to socialise.
- Avoidance of certain children or activities.
- Harsh self-criticism; holding persistent negative views of themselves e.g. 'ugly' 'stupid' 'failure.'
- Personality change; moodiness, depression, thoughts, or aggression.
- Sleeping difficulties; bedwetting, headaches, stomach aches, lack of appetite, torn clothes, unexplained cuts or bruises, missing possessions or lost money.
- Attempts to change their appearance e.g. refusal to wear glasses or certain items of clothing.
- Angry outbursts, bullying behaviour towards a sibling, parent or friend.

These signs may possibly indicate bullying, but there could be many other reasons for these changes. Noticing these signs is a good starting point for talking to your child to find out more. Could there be something else bothering them? Have there been changes in your family, or other incidents that may have upset them? Opening up communication with them in a non-judgemental way is important.

If you have any concerns please contact your child's class teacher initially, or log on to Tootoot. This will be responded to by a senior school leader.