

## Reporting and responding to bullying

If you have concerns your child is being bullied, report it immediately to school. Write down every incident as soon as possible after it happens. Include the date, what happened, who did it and who saw it. Include the effect on your child, whether your child told anyone and what they said or did and any later effects.

We have clear systems in school to report bullying. We have worry boxes in every classroom and offer 'Time to Talk' sessions at lunch time with Mrs Leng, our Behaviour Support Worker. These sessions give children the opportunity to share any concerns or worries they may have.

When an incident of bullying is reported, we discuss the circumstances with all parties. Parents are informed if they are unaware and we implement a range of solutions to support all the children involved. This could include mediation, circle of friends, peer support, therapeutic work or counselling sessions.

At Beeston Primary bullying is an open subject. It is discussed at assemblies and in classrooms and the children are encouraged to talk about any problems or worries they may have. Children are told that hurting people, whether physically or emotionally, is wrong. To counteract bullying behaviour we reward kind and caring behaviour with stickers, certificates and celebrating our Characteristics of Learning.

We aim to work on developing positive attitudes in all children, and building respect for individual differences. We hold an annual Anti Bullying Week in November where pupils are taught what bullying is; what to do if they are being bullied and how to be a good friend. This is followed up throughout the year in Personal, Social, Emotional Health lessons (PSHE).

### Anti Bullying Ambassadors

In school, we have a team of Anti-Bullying Ambassadors from Year 5 and 6. The Anti-bullying Ambassadors meet on a regular basis to raise awareness of what bullying is and to help other children in the playground to resolve problems and worries. The Ambassadors organise playground games and help children understand how to be a kind friend. The Ambassadors designed the 'Friendship Stops' located in all the Playgrounds.

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[www.beestonprimaryschool.co.uk](http://www.beestonprimaryschool.co.uk)



**At Beeston Primary we promote a love of learning within a safe and happy school, in which every person matters.**

## Bullying Advice

For

Parents

**At Beeston Primary School we aim to provide a safe, caring and friendly environment for all of our pupils to allow them to learn effectively and help them maximise their potential. We take bullying very seriously and have clear procedures to investigate all reported incidents.**

**This booklet aims to equip parents with the knowledge and understanding of what bullying is and what to do if your child is being bullied. It will also outline our role as a school and our procedures for reporting and investigating incidents.**

# What is Bullying?

Behaviour by an individual or group, usually repeated over time, that intentionally hurts another individual or group either physically or emotionally.

## What does bullying look like?

Bullying can include:

- Name calling, including using inappropriate language
- Taunting
- Mocking
- Making offensive comments
- Physical assault
- Taking or damaging belongings deliberately
- Cyber bullying, inappropriate text messaging and e mailing; sending offensive or degrading images by phone or via the internet
- Producing offensive graffiti
- Gossiping and spreading hurtful and untruthful rumours
- Deliberately excluding people from groups
- Although bullying can occur between individuals it can often take place in the presence (virtually or physically) of others who become the bystanders or accessories.

## How does bullying differ from banter?

There is a deliberate intention to hurt or humiliate. It is persistent. We teach the children the acronym **STOP**.

**S**everal **T**imes **O**n **P**urpose

**S**tart **T**elling **O**ther **P**eople

## Effects of bullying

Persistent school bullying can result in:

- Low self esteem
- Shyness
- Depression
- Poor academic achievement
- General change in character

### What to do if you think your child is being bullied

1. Watch for the signs.

The following signs or behaviours may indicate that your child is being bullied.

If your child:

- Is frightened of walking to and from school
- Is unwilling to go into school/classroom, or is not maintaining their usual standard of school work
- Comes home regularly with clothes or books destroyed or unexplained bruises or scratches
- Becomes withdrawn, distressed or stops eating, cries him/herself to sleep, starts bed wetting or has nightmares.

### Tips to help your child

- Listen without getting angry or upset. Put your own feelings aside, sit down and actually listen to what your child is telling you – then show you have done so by ‘playing back’ to them what you hear. Ask your child: "How do you want me to take this forward?" rather than just taking over so they don't feel excluded from deciding what to do or end up even more stressed/worried than they were already.
- Reassure your child it's not their fault. There's still a stigma attached to bullying and some children feel they've brought it upon themselves. Remind them that many celebrities have been bullied too. Being bullied isn't about being weak and being a bully isn't about being strong. "Encourage your child to try to appear confident - even if they don't feel it," Body language and tone of voice speak volumes.
- Sometimes people say nasty things because they want a certain reaction or to cause upset, so if your child gives them the impression they're not bothered, the bullies are more likely to stop. Role-play bullying scenarios and practice your child's responses. Talk about how our voices, bodies and faces send messages.

.The Chair of Governor's is Mr A. Scopes who can be contacted via the School Office.