

For more information on Anti-Bullying at Oatlands Junior School, please see our Anti-Bullying Policy

Help-lines and websites:

www.bullying.co.uk

Childline: www.childline.org.uk Tel: 0800 1111
Free, confidential helpline for children and young people. Trained volunteers offer advice 24 hours a day, by phone and online

Parentline Plus: www.parentlineplus.org.uk
National charity that works for and with parents.

Kidscape: www.kidscape.org.uk 08451 205 204
A telephone helpline for parents and carers of bullied children

www.thinkuknow.co.uk
Organisation dedicated to stopping sexual abuse of children – also provides help and advice on cyber-bullying

At Oatlands Junior School we take bullying very seriously. We do not tolerate bullying in any form, and teach all children that nobody deserves to be bullied.

Whole school Anti-bullying work

Throughout the year we teach our children Social, Emotional Aspects of Learning. This involves assemblies and class work which develop social, emotional and behavioural skills in children:

- Self awareness
- Managing Feelings
- Motivation
- Empathy
- Social skills

National Anti-Bullying week usually takes place at the end of November.

At Oatlands Junior School we link a whole school anti-bullying campaign with PSHCE curriculum activities with the theme: 'Say No to Bullying'.

We teach the children about what bullying means and how bullying makes people feel.

How to help a bullied child:

As a parent you may feel angry and upset if you discover your child is being bullied. Some children may not tell their parents they are being bullied for fear of upsetting them. They may also feel that their parents won't believe them or will just tell them to stand up for themselves. This leaves the child with the double burden of being bullied and feeling they can't turn to their parents for help.

What to do if your child is being bullied

- ✓ Help your child to talk to you.
- ✓ Praise your child for telling you.
- ✓ Help your child feel valued and important.
- ✓ Make sure your child knows who to go to for help.
- ✓ Tell your child you need to involve the school.
- ✓ Collect any evidence eg who did what, when, and what was said and done.
- ✓ Keep any text messages, emails or website comments.
- ✓ You can report the incident to school.

What to do if your child is a witness to bullying

- ✓ Help your child to tell you what is happening.
- ✓ Remind your child that they are not 'grassing', they are helping stop a dangerous situation.
- ✓ Talk to your child about what they can do to help a child who is being bullied:
 - tell a teacher what is going on
 - be friendly to the other child
 - include the other child in games

What to do if you are told your child is bullying others

- ✓ Listen to their side of the story.
- ✓ Try not to call them a 'bully' – it's a label that sticks.
- ✓ Remind them that you love them – it's the behaviour that you do not like.
- ✓ Talk to them about other people's feelings and how much their behaviour hurts, upsets and frightens the person they are bullying.
- ✓ Talk to them about anything that is making them unhappy or angry.

Cyber-bullying –

bullying that occurs via mobile phone or the Internet.

If your child is being cyber-bullied

- ✓ Make sure your child does not retaliate or reply to Cyber-bullying messages of any kind.
- ✓ If you need to, you can help your child to change their contact details (email, online username, mobile phone number).
- ✓ Use the security tools on your family's computer, on websites or on your child's mobile phone.
- ✓ Save evidence of offending emails, text messages or online conversations.
- ✓ Report cyber-bullying. You can report the incident to school, the website or service provider, and, in serious cases, the police.

What is Bullying?

Bullying is “**Behaviour by an individual or a group, usually repeated over time, which intentionally hurts another individual either physically or emotionally**”.

Bullying can take many forms, but the main types are:

- **Physical bullying** – pushing, hitting, kicking, hiding / taking belongings
- **Verbal bullying** - name calling, insults, threatening language, offensive remarks. Name-calling is the most direct form. This may be because of individual characteristics, but pupils can be called nasty names because of their ethnic origin, nationality or colour, religion, or some form of disability
- **Indirect bullying** - spreading gossip or malicious rumours or stories about someone; excluding someone from social groups
- **Cyber-bullying** – any form of bullying using a mobile phone, chat rooms, social networking sites, instant messaging or e-mail

Bullying is not:

- a one-off fight or argument
- a friend sometimes being nasty
- an argument with a friend
- falling out with friends on an occasional basis

Oatlands Junior School



Anti-Bullying

Information for Parents and Carers

