

What can you do as a parent/carer?

If you suspect that your child is being bullied or is bullying others you should:

- discuss the matter with your child, taking the matter very seriously;
- reassure your child that it is right to talk about the issue;
- make a note of what your child says and be ready to give precise details (time, date, etc);
- encourage your child to talk to his/her teacher
- arrange an appointment to see the teacher yourself;
- ask to see a copy of the school's anti-bullying policy;
- work with the school to develop a support plan.

Complex issues may take some time to sort out.

You should also:

- try to stay calm
- encourage your child to be assertive, without hitting back or retaliating
- avoid approaching another child or parent yourself
- discourage bullying behaviour wherever you encounter it

If you feel that the school is not properly dealing with the problem then you should:

- Ask to meet with the Headteacher
- Ask for a copy of the school's complaints procedure.

Contact: Tel: 01480 375063

Email: office@brampton.cambs.sch.uk

If you are still not satisfied you may wish to contact the Education Helpline: 01223 717970

A further range of information and advice is available on the Cambridgeshire County Council website:

www.cambridgeshire.gov.uk/bullying

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BULLYING

A Guide for Parents/Carers

Introduction

Children can learn most effectively in an environment in which they feel safe, secure and happy. Schools and colleges in Cambridgeshire aim to create such an environment.

Occasionally, however, some children may experience bullying at school. Sometimes the effects of bullying can be serious, upsetting and long-lasting.

Schools, colleges and Cambridgeshire County Council are determined to stop bullying behaviour because of the unhappiness and stress it causes to all concerned.

The aim of this leaflet is to provide information and advice to parents/carers who think that their child may be experiencing bullying or may be demonstrating bullying behaviour.

What is bullying?

Bullying behaviour is characterised by three things:

- it is repeated over time;
- it involves deliberately hurtful behaviour;
- it involves an unfair balance of power that makes it hard for those being bullied to defend themselves.

Bullying is not:

It is important to understand that bullying is not the *odd occasion* of falling out with friends, name calling, arguments or when the occasional trick or joke is played on someone.

Children sometimes fall out or say things because they are upset. When occasional problems of this kind arise it is not classed as bullying. It is an important part of children's development to learn how to deal with friendship breakdowns, the odd name calling or childish prank. We all have to learn how to deal with these situations and develop social skills to repair relationships.

Bullying may involve:

- hitting, kicking, spitting and other physical approaches;
- name-calling, perhaps related to disability, special needs, religion, gender, sexual orientation or other perceived differences;
- racist comments or jokes;
- threatening remarks or graffiti;
- taking, hiding or damaging possessions;
- spreading stories about someone or ignoring him/her;
- intimidation by mobile phone, text message, interference with computer files, e-mail or other inappropriate use of the internet.

Why does bullying occur?

Bullying may occur for a variety of reasons. Bullies may:

- think it is harmless;
- not have been taught that it is wrong to bully others;
- be unhappy at school or elsewhere;
- have been encouraged to bully by their friends;
- themselves have been bullied in the past
- show prejudice based on perceived differences.

What does Brampton Village Primary School do to prevent bullying?

Brampton Village Primary School regards bullying very seriously and will do its best to ensure that all instances are dealt with properly. Brampton Village Primary School has its own identified anti-bullying policy.

In addition, it:

- works to create an environment in which children feel free from the fear of being bullied;
- supports children who may have been bullied and tries to ensure that they feel safe;
- listens sympathetically to the concerns of parents/carers;
- works to change bullying behaviour.