

# Bedlingtshire Community High School

## Anti-bullying handbook for parents



This booklet aims to provide a quick guide to the school policy on anti-bullying. For full details of the school anti-bullying policy please refer to the school web site [www.bchs.uk.net](http://www.bchs.uk.net) and go to the policy section.

You can also find information there about our anti-bullying process and leave a comment in our electronic 'bully-box'.

### What is bullying?

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

(From the DFE document '[Preventing and tackling bullying in schools \(October 2014\)](#)')

How does bullying differ from teasing/falling out between friends or other types of aggressive behaviour?

- There is a deliberate intention to hurt or humiliate.
- There is a power imbalance that makes it hard for the victim to defend themselves.
- It is usually persistent and happens over time

At BCHS we aim to address bullying in the following ways:

1. Preventing bullying
2. Helping children to develop the skills to deal with bullying.

We aim to achieve this in the following ways:

Promoting the following values: Caring, Confidence Building, Creative, Contribution, Community. This is within the context of wider moral beliefs and practice but inclusive of all faiths.

- Through the following curriculum and practical approaches:
- A culture where children find it easy to talk with an adult.
- Adults listening to children.
- An electronic "bully box" to share concerns for staff to respond to.
- SEAL. (Social, Emotional Aspects of Learning.) A national programme
- which looks at many issues for children, including bullying. This is used in
- all year groups.
- Anti-bullying week, with assemblies and class activities.
- PSHE lessons. (Personal, Social, Health and Emotional lessons)
- Team building opportunities.
- Learning mentors who are accessible for younger students to speak to at break and lunchtimes
- Transition projects; for example Yr 6 or 9 children who are anxious about the move to secondary school.

### However, occasionally, bullying will still occur.

How will the school deal with bullying?

- The school will interview all children involved to be sure of the facts.
- This initially will be done individually so children feel secure and not intimidated.
- Informing parents if bullying has occurred and parents not aware of this.

The school will have a range of responses appropriate to the situation.

These will include:

- Solution focused (the children involved work with an adult to ensure that the situation does not occur again and strategies to prevent this)

- A restorative approach
- Individual work with the children involved
- Sanctions which may be applied to a child who bullies
- Follow up support, especially keeping in touch with the person who reported the situation and parents/carers.
- Referral to outside agencies, if appropriate
- Extreme and persistent acts of bullying could result in temporary exclusion of the bully from school.

### **What do you do if you think your child is being bullied?**

#### **Your support**

Make time to spend with your child- be in a position in which they can tell you easily about things. Listen and let your child know you care. Hear his or her feelings about what has happened.

Your help to solve the problem

- Help to sort out all the facts of the story- slowly and calmly.
- Don't ask closed questions such as "Did they do ... or ...." Rather ask your child to tell you what happened.
- Don't over question your child.

#### **Take Action**

Be prepared to take action by speaking on your child's behalf to the school. Either approach the class teacher or speak to the head of year.

Don't take matters into your own hands- the school should be a partner in sorting out the situation. Share all the facts that you know honestly and fairly. Give the school reasonable time to find out more and respond to you and your child.

Take action that reassures your child, rather than embarrasses them. Keep calm and show fairness and respect to everyone involved.

### **What if your child is doing the bullying?**

#### **Your support**

Listen to what others are telling you about your child's behaviour. Calmly ask your child's opinions and feelings about the situation. Continue to show your child that you care about them. It is the behaviour that is the problem, not your child, and behaviour can change.

#### **Help to solve the problem**

Consider reasons why your child may have bullied others. Is your child feeling insecure or are there any other problems? You need not make guesses about this on your own.

Help your child to take responsibility to put things right. It takes courage to apologise, so show that you are proud of them for doing so.

#### **Take Action**

If bullying has taken place outside school, the staff will appreciate being informed that you know your child was involved and that you want to help sort things out.