

## **WHAT TO 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 and hear his or her feelings about what has happened.

### Your help to solve the problem

Help to sort out all the facts, 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.

Watch and listen to see if there is a pattern over time.

What does your child want to happen next? Involving your child in finding a solution can be empowering and strengthen their ability to cope if a similar situation ever arises again.

### Take Action

Be prepared to speak on your child's behalf to the academy.

Speak to their class teacher initially.

Don't take matters into your own hands. We should be a partner in sorting out the situation. Share all the facts that you know honestly and fairly.

Give the academy reasonable time to find out more and respond to you and your child.

Keep calm and show fairness and respect to everyone involved.

## **A Parents' Guide to our Anti-bullying Policy**



**This leaflet aims to provide a quick guide to our  
policy on anti-bullying.**

For full details of the policy please refer to the academy web site:  
[www.ketteringscienceacademy.org](http://www.ketteringscienceacademy.org)



## WHAT IS BULLYING?

“Bullying is the behaviour by an individual or group, usually Repeated over time, that intentionally hurts another individual or group either physically or emotionally through threats or superior force”

*Preventing and Tackling Bullying (DfE, May 2012).*



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

- There is a premeditated intention to hurt or humiliate.
- There is a power imbalance that makes it hard for the victim to defend themselves.
- It is repeated and can be observed to increase over a short period of time.

**We aim to address bullying through the following curriculum and practical approaches:**

- A culture where children find it easy to talk with an adult.
- All adults listening to children.
- Circle time- a time in class which can be used to address issues.
- SEAL. (Social, Emotional Aspects of Learning.) A national programme which looks at many issues for children including bullying.
- Anti-bullying week, with assemblies and class activities/discussion.
- PSHE lessons. (Personal, Social, Health and Emotional)
- Social skills groups for vulnerable children with strategies to respond to difficult situations including friendship and bullying issues.
- Talk partners. Children over a year are encouraged to discuss their learning with all children in their class through talk partners, thus promoting greater awareness and tolerance between children.
- Transition projects; for example Yr6 children who are anxious about the move to secondary school.

**However, occasionally, bullying will still occur. How will the academy 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, to ensure that parents are aware of this.

Record kept of all bullying behaviour.