



Anti-Bullying Strategies Parent Workshop

Horsford CE VA Primary School

What is bullying?

This week in every class our children have been, and will continue to, talk about bullying—what it is, how to recognise it and most importantly how to STOP it.

We use the acronym STOP to identify bullying; it is something unkind or hurtful that is done to a victim **SEVERAL TIMES ON PURPOSE**. We also use STOP to put a halt to bullying; the most effective way to stop bullying is to **START TELLING OTHER PEOPLE**.

S – Several

T – Times

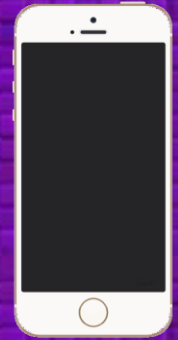
O – On

P - Purpose

Different forms / types of bullying

- **Physical; hitting, kicking, spitting, slapping, taking belongings**
- **Verbal; name calling, insults, threatening language, insulting family, place of residence, lifestyle, religion or friends etc.**
- **Indirect; excluding or 'blanking', spreading gossip, graffiti defacing or damaging property, offensive or abusive text messages, e-mails or posts on websites known as cyber-bullying**

Cyber Bullying



- Any form of bullying that takes place online or through your mobile phone from another child or young person:
- Text messaging (also referred to as SMS or EMS)
- Video messaging (MMS) (Snapchat)
- Gaming
- ‘sexting’
- Lorin LaFave – 28th November 7pm @Holt Road – see flyer

Causes of Bullying behaviour?

Children who are victims of domestic violence can become 'bullies' or be vulnerable to being bullied

Children can bully and be victim at the same time

May have witnessed traumatic event

Influenced by media, family, wider community

Not always obvious e.g. cyber bullying

Maybe scared - Peer pressure

Prejudiced motivated bullying

What Symptoms of Bullying can we spot?

- Frightened of walking to and from school.
- Begins truanting.
- Becomes withdrawn, anxious, or lacking in confidence.
- Feels ill in the morning.
- Loss of appetite/comfort eating; unable to sleep
- Begins to underperform in schoolwork.
- Possessions go 'missing'.
- Asks for or steals money to pay the bully.
- Is frightened to say what is wrong.
- Self harming



What if....



- Your child is involved in bullying?
- Your child is part of a bullying or bystander group?
- Your child is at risk of or a victim of bullying?
- Talk to your child to find out the details of the situation.
- Report the situation to your child's class teacher.
- If the situation continues go back to the teacher or ask to speak to the Head of School

Top Tips for Parents

- Encourage assertive attitudes
- Support your child in developing their resilience
- ‘Shielding’
- Inform a trusted adult
- Record incidents
- Challenge when safe to do so
- Walk away / ignore
- Encourage hobbies & activities
- Peer support / friendship circles
- Regular chats with your children



What can schools do?



- **Collective Worship**
- **School Rules and Values**
- **Resources that promote equality and diversity**
- **Up-to-date policies and procedures**
- **Parent Forum**
- **PATHS**
- **School Council**
- **Worry Box**

Help, advice & support

- Thinkuknow provides support and advice to young people about sex, relationships and online safety: www.thinkuknow.co.uk
- <http://educateagainsthate.com/parents/>
- <https://www.net-aware.org.uk>
- <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>
- NSPCC free 24 hour helpline to support adults concerned about a child or young person being radicalised: E: help@nspcc.org.uk or T: 0808 800 5000
NSPCC Childline: 0800 1111
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>
- Kidscape: anti-bullying charity. Developed the Primary Bullying Intervention Training Programme <https://www.kidscape.org.uk/>
- Anti-Bullying Alliance : www.anti-bullyingalliance.org.uk
- Internet Matters: <http://www.internetmatters.org/>