



DO NOT...

Keep quiet about it

Tell your child to hit back

Tackle other children or their parents yourself



St Margaret of Scotland Catholic Primary School



Parent's Anti-bullying Guide



Getting Help



These helplines are always on hand to talk to if you have any worries or problems



Do...

Attend our Anti-bullying Workshops for parents and our e-safeguarding Parental Workshops (in conjunction with Bedfordshire Police), which are held throughout the year.



We hope that you find this leaflet helpful in explaining how our school deals with any allegations of bullying and advice on what to do if your child is being bullied. This should be read in conjunction with our Anti-bullying Policy, Safeguarding Policy and Behaviour Policy, which are all available to download from our website or to collect from the Main Office.

At St Margaret's we believe that everybody has the right to feel safe and happy. We expect all children at our school to follow the Gospel values and follow in Jesus' footsteps by:

- ⇒ Loving one another
- ⇒ Being kind to others
- ⇒ Treating everyone the way you want to be treated yourself
- ⇒ Respecting everyone

What is Bullying?

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

Bullying is:

- ⇒ **Deliberately hurtful**
- ⇒ **On-going**
- ⇒ **Unequal and difficult to stop by the person being bullied**
- ⇒ **Can be indirect or direct e.g. physical (e.g. hitting or kicking), verbal (e.g. abuse or name-calling), non-verbal (e.g. gestures and looks), psychological (e.g. excluding or threats)**
- ⇒ **Cyber-bullying - any bullying that takes place over the internet or via mobile phones. This includes social networking sites and gaming sites, such as Instagram, facebook etc**

Bullying is not a one-off argument or fight or a friend sometimes being unkind. **At St Margaret's we take bullying very seriously.** We do not tolerate bullying in any form and teach all children that nobody deserves to be bullied.

We are a TELLING school: we encourage all members of our school community to report bullying.

What can you do

If you believe your child is being bullied?

- ⇒ Reassure your child that you will help them to stop the bullying
- ⇒ Talk to your child calmly and try to get as much information as possible
- ⇒ Report it to the school as soon as you can
- ⇒ Remember that your child has a right to feel safe and happy at school
- ⇒ Know that you and your child have the right to be involved in any decisions that the school may make to help you resolve the matter
- ⇒ Give the school adequate time to investigate and get back to you



What can you do

If you believe your child is being cyber-bullied?



- ⇒ Make sure that your child knows that you care and that you will help to stop this happening
- ⇒ 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.